

January 2018 / Capricorn

AQUARIUS

Exploring Life In the New Age

What Are We?

In an age of amazing scientific discovery, the question remains...what does it mean to be *human*?



Deepak!

February 5, 7pm

Unity North Atlanta

(see Page 17 for details, or visit...)

www.unitynorth.org

AQ community spotlight

THRIVE Wellness Center



Dr. Robert and Dr. Amanda Love founded Thrive to provide world-class Neurologically-Based Chiropractic to Marietta and Atlanta. Our mission is to assist people in gaining victory in their health by offering cutting-edge chiropractic corrective care in a state-of-the-art chiropractic health care facility. We focus on setting people free from their current conditions so they may live their lives to their fullest potential.

Our office uses NASA-approved, Space Foundation-certified technology to assess the nervous system and how it functions. In their gentle and specific approach, the doctors are able to find the root cause of the health concern and correct it at the source.

Dr. Robert and Dr. Amanda utilize a technique which has been proven through research to be the most specific, scientific chiropractic technique in the world. It is the first chiropractic technique of the new millennium and provides practice members of any age with the most gentle and reproducible chiropractic adjustments available. The doctors focus on pregnancy, pediatrics, family care and seniors.

The team at Thrive is on a mission to help create one of the healthiest communities in the world right here in Marietta. Come learn how they can help with health concerns such as asthma, allergies, ADHD, autoimmune disorders, anxiety, colic, chronic fatigue, ear infections, fibromyalgia, hypertension, migraines, infertility, thyroid imbalances, neurosensory integration disorders, and more!

Mainstream chiropractic focuses on 3 things: temporarily reducing muscle spasm, temporarily restoring range of motion and temporarily relieving pain. We have a different focus. As a neurologically-based chiropractic clinic, we focus on your neuro-spinal system, looking for interference and neurological patterns that will keep your body from healing. We address that interference and watch your natural, innate healing occur.

Torque Release Technique is the only chiropractic approach born out of randomized control trial research. It uses a neurological reflex analysis paired with a neurological adjusting instrument, the Integrator. The gentleness and specificity of TRT allow us to care for everyone from tiny newborns to centenarians.

Network Spinal Analysis is the most researched wellness generating technique in history. Tony Robbins says, "Network Spinal Analysis is one of the most powerful forces in my life." NSA uses gentle touches at specific spinal gateways to allow for the emergence of a unique healing wave in the body. The only technique ever shown to improve the coherence of the human nervous system, and being the subject of the largest wellness-lifestyle outcomes assessment in published research, NSA is a profound healing methodology.

Drs. Love are advanced certified in both techniques.

The Wellness Lifestyle Chronic Disease Reversal Program is the first of its kind in this region. Backed by potent research from multiple health disciplines, the WL-CDRP uses your species-specific genetic code to unlock the mysteries of Why you are sick and how to get you Well and Keep you there. Patients are accepted to this program on a case by case basis. People suffering from a chronic lifestyle disease who are ready to take control of their life and reclaim their health are excellent candidates.

"You are a Soul, experiencing and expressing yourself through a Nervous System, running a Body." –Dr. Robert S. Love

Frequently Asked Questions

How often should I get my adjustments?
Does it matter what days I get them on?
Most new patients are asked to receive

approximately 2-3 adjustments per week as they begin their care, it does not matter which days you choose as long as you get the recommended visits in each week. The amount of visits you come will depend on your Corrective Care plan recommended by Dr. Love. It is important to stick with the recommendations so you see the best results.

Can I be adjusted too much?

There is no fear of adjusting too much... we are trained to know if you need an adjustment or not. If you do not need an adjustment, you will not receive one.

What is that tool that you use? How does it work?

The Drs. Love use a technique called Torque Release Technique. This is the newest, most researched technique in chiropractic. The instrument that we use is called an Integrator. It has nothing to do with pressure points or some kind of bizarre, new age, energy healing. Over years of stress, the joints of the spine can lose motion and symmetry and eventually will begin placing pressure and tension on the nerves they were made to protect. In order to heal these diseased and damaged joints, we must restore motion to the 'stuck' joint and place it back into a healthy position. To accomplish this, a certain amount of force must be applied to a very specific area of the spine. The integrator allows us to correct these damaged joints and nerves in a very gentle way by creating force through speed and acceleration rather than mass and brute strength. It also allows us the opportunity to be very, very specific to correct the exact joint that needs correction without affecting the healthy joints around it.

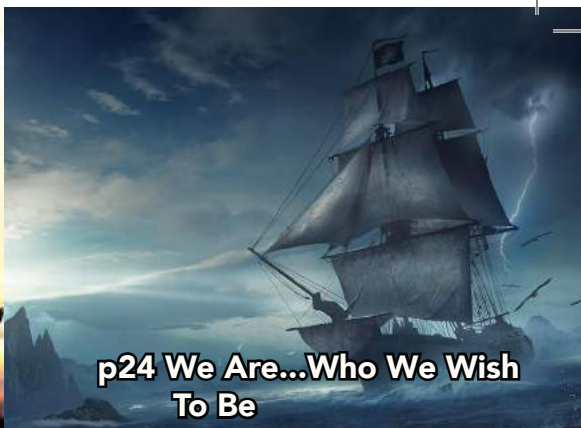




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To Be

MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY

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Inside AQ...

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THIS MONTH

January 2018

A new year is upon us, and the Shift is definitely hitting the fan. We live in crazy times, and a New World...a New Age...is ascending all around us. Too much, too intense, too fast...and it begs the question: What Are We, Really? What does it mean to be Human in a world where plants are granted human rights, Artificial Intelligence is surpassing by leaps and bounds the capacity of human intelligence, and civil disrespect is the way of the world? Aquarius turns its focus on what it means to be human, and how to grab hold of our humanity to bring hope and light to the world.



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the age of AQUARIUS

Ian Boccio

Have you noticed that the energy seems to be shifting at a more rapid pace lately? As the transition to Aquarius manifests, we can often see very direct signs of the direction human consciousness is moving. It can be a very confusing situation, because we are currently right on the edge, astrologically speaking, so sometimes we see progressive changes occurring that give us hope, but at other times the Piscean energy rallies and it seems as if we are being dragged backwards. It will be useful to look at a couple of recent circumstances that illustrate this back and forth movement.

Right at the start of the 21st century, some of those who were deeply attached to Piscean power structures went on the offense, attempting to find a way to turn the tide of conscious evolution backwards. The most obvious moment we can point to was September 11th, 2001, when two airplanes struck the World Trade Center in New York City resulting in the deaths of over 3000 people. The men who executed this attack, as well as those who planned it, belonged to an organization known as Al Qaeda, whose radical, violent interpretation of Islam is deeply integrated with the energy of Pisces. These kind of fanatical monotheists see the transition into Aquarius as the end of their power and their understanding of life, and so they have been retaliating fiercely, with suicide and murder of innocents being considered valid tactics, in an attempt to hang on to that power and understanding.

Although Al Qaeda suffered significant defeats militarily in Afghanistan and Iraq, including the death of their leader, it is

hard to say that they are failing in their goals at this time. Al Qaeda's success on September 11th was a rallying cry to all those who want to keep the Age of Pisces going as long as possible, and terrorist groups have sprung up in many parts of the world. They have found many ways to turn Aquarian-inspired technologies, like the internet, into weapons and recruiting tools, and have become a regular, almost normal, part of many people's lives. In recent years, some parts of Al Qaeda evolved into ISIL, a movement to create a society based on medieval Islamic ideals, hoping to turn the clock back by a thousand years. What they fail to realize is that their demise is inevitable. No matter what they do, these people can not stop the stars from moving. Aquarius will come, the Earth will be transformed, and Pisces will fade away. Deep in their hearts they know this, but in their insanity they can only think of how to shed as much blood before that happens.

On a more positive note, we have seen in the United States in just the past couple of months that a movement of consciousness has begun which is represented by the hashtag sign #metoo. Since the beginning of the Age of Aries, over 4000 years ago, women have been oppressed by men. For much of that time, the female half of the human species has lived as virtual, if not literal, slaves, existing in many ways as property owned by their male counterparts. Throughout the millennia, there have been powerful women who have broken through that bondage, but those were the very rare exceptions. It is worth contemplating the fact that women in the United States (the greatest nation

on Earth?) only gained equal rights to men within the last 100 years. Even then, these equal rights were often only given lip service by men who enjoyed their Piscean Age privilege.

What we are seeing now is a movement to correct this imbalance. Sexual harassment, including assaults, have been widespread, perhaps even ubiquitous, as women have attempted to enter the male-dominated industries like entertainment and politics. The cultural systems that have been in place have made it impossible, if not dangerous, for women to exercise their right to expect fair, or even safe, treatment at their workplaces. The wave of consciousness represented by #metoo has swept some incredibly powerful men out of their positions, and throughout the U.S. women have been standing up and refusing to stay silent. This is Aquarius in action.



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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what are we, really?

Don Martin
Publisher

The pace of change and advancement in our culture is breathtaking, and most of us cannot comprehend the changes that are occurring around us, within us, and in our society.

Technology, world view, finances, scientific knowledge, gender roles...all are unrecognizable from 20th century definitions (and that was only 17 years ago!) (Yes, we are 17 years into the new century...how did that happen?)

In the year 2000, there was no texting, no facebook and no twitter. There were no iPhones or iPads. No one had ever heard of Barack Obama. There was no American Idol. Harry Potter was a series of books, not movies. Lady Gaga - Stephanie Germonata as she was known - was unknown. Snookie was in middle school in Marlboro, New York. The twin towers at the World Trade Center were standing tall.

The list goes on and on. Since the turn of the century, more technological advancements have been accomplished than occurred in the prior 200 years (the beginning of the Industrial Revolution is dated at 1760). But much more than technology has changed...third world nations have become industrialized and are online, the dollar (and the American economy) is no longer the strongest currency in the world - in fact, the strongest "currency" in the world at the moment is bitcoin, a virtual currency that exists only in the digital world, and has no resource serving as a foundation for its value. Capitalist nations have embraced socialism, and socialist nations have embraced capitalism. The invention of the home computer and smart phones have put massive amounts of information and connectivity into the hands of millions of people around the world. Just ten minutes ago I had a real time conversation with a friend of mine who lives in South Africa.

And yes...even more change. Families are no longer considered just

a man, a woman, and children. The very definition of families has changed. Gender is no longer considered a physical distinction but a social/psychological identity arrived at by choice.

But the most important - and confusing - evolution is in the understanding of what it means to be human. Science has demonstrated beyond question that animals and plants possess a type of consciousness. As a result, many scientists and sociologists view animals as deserving of human rights. And there are some societies that are providing human rights protection to certain varieties of plants.

Beyond that, Artificial Intelligence (AI) is advancing beyond the capability of human intelligence. Just today(12/11), NASA released an announcement that an AI computer, created by Google, is being used to gather and analyze data collected by the Hubble Space telescope to identify the millions of solar systems and planets that have been discovered by the telescope, in order to determine the ones best suited to the evolution of biological life. Why? Because Google's AI can learn and process information over 8 million times faster than any other computer, and over 50 million times faster than any human!!

Robots are being created utilizing AI that are indistinguishable from human beings, and there are many groups that are advocating for equal rights for robots.

Cosmologists and physicists are now promoting the theory that human DNA may not have evolved on planet earth, but instead is the result of "seeding", i.e., being placed on this planet either by accident (a passing comet or other celestial body) or intentionally, by ALIEN extraterrestrial life!

I haven't even begun to scratch the surface of the evolution of what it means to be human. Ray Kurzweil,

the author of The Age of Spiritual Machines (and the creator of voice recognition technology), predicts that an event called THE SINGULARITY will occur around the year 2047. The Singularity will happen when human consciousness and artificial intelligence will converge, becoming one (singular) and fundamentally changing the nature of human existence. Kurzweil speculates that within 100 years, individual human consciousness will be able to be placed within robotic structures, thereby making individual humans immortal.

Pierre Tielhard de Chardin, one of the most influential philosophers and scientists in the 20th century, predicted what he called the Omega Point, when evolved human consciousness will merge together into One Mind or Consciousness, and individual existence will no longer...exist. Instead, humans will become part of a Vast, Eternal One Consciousness or Mind, which will also be merged with Universal Consciousness and, ultimately, God.

Yeh...it is mind blowing.

So, the question confronts us, perhaps now more than ever before in the history of humanity...WHAT ARE WE, REALLY?

As we enter a new year, what does it mean to be human?

Why do animals receive more protection under the law than unborn human children? I'm not taking a political position, but I am asking a very controversial and politically charged question. The question points to a very crucial transformation in thinking about what it means to be human, and that is: the understanding of what it means to be human has expanded to include animals (and as mentioned previously, plants).

So...what are we, really?

(continued on page 7)

What It Might Mean To Be... Human

"We are not human beings having a spiritual experience; we are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

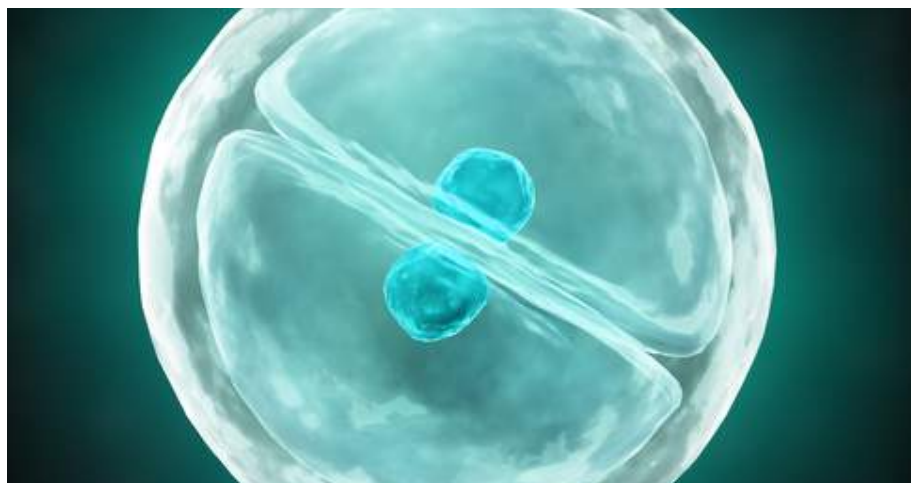
Teilhard de Chardin was a French philosopher, paleontologist, and Jesuit priest who thought deeply on the meaning of our existence and relationship with the Divine. What does it mean to be Spiritual Beings having a human experience and how does it relate to our everyday lives?

Sit with this statement for a moment and it becomes self-evident. We are not human beings striving to be Spiritual; we are already Spiritual Beings. Meaning, we existed in spiritual form before we were born into this physical world. First and foremost, we are eternal Souls. In the very quiet moments of our busy lives we can re-connect with this knowledge.

As Spiritual Beings Having a Human Experience, How Should We Think About The Soul?

Our Soul, that part of us that observes quietly behind what we do, think, believe and feel, existed before this human life and will continue to exist after our present physical life transitions. For each of us, our Soul is where unconditional love, unending forgiveness, compassion, harmony, peace and joy reside. Our Soul is a little piece of the Divine, here to experience this life and its lessons. We are, indeed, Spiritual Beings having a human experience.

Spirituality is your own very personal relationship with the Divine, however that may manifest in your life. We are all different and therefore we appreciate that our personal relationship with Spirit will be different for each of us. We recognize the power of love to heal because Spirit is love. When love (Spirit), the most powerful force in the Universe, is applied to hurt, we heal. It is simple yet profound.



Personal Growth and Fulfillment at the Soul Level

As Spiritual Beings, it is important for us to appreciate the value of learning and growing at the "Soul level." If we miss this opportunity, we'll discover we experience the same type of problem over and over again until we learn the loving lessons that are being presented to us. Though the life experience often feels otherwise, these lessons are always positive and are always for our growth and fulfillment to higher levels.

Love is the core nature of us all. We feel good when we give and receive love because this is the Spiritual thing to do. What is your understanding with your Soul, especially if you are in dark times?

- Betsy Koelzer
theclearingnw.com

ARE HUMANS ACTUALLY ALIENS ON EARTH?

Whether you believe in creationism or evolution, humanity's inception is the ultimate perennial question. If you dig deep enough, you may even wonder if humans are native to earth. Dig even deeper and you may wonder if are humans a product of an alien progenitor race.

EVIDENCE OF SEEDING

In January 2015, the British publication The Express published a photo of a strange looking microscopic rock that was shooting out biological material. Scientists speculated that the biological material could contain genetic material, "the precursor to life." Several scientists expressed one theory of its origin: "It was sent to Earth by some unknown civilization in order to continue seeding the planet with life." Seeding refers to plantation of foreign organisms in a designated place, with the intent of propagating life. The rock appeared to be designed by an intelligent species.

ARE WE BEING WATCHED?

Professor Milton Wainwright from the University of Buckingham Centre for Astrobiology and his team inspected and analyzed the rock and its biological contents. They theorized that it not only pointed to the existence of extraterrestrial life, "but to complex and civilized beings watching our planet." Could this be true? Have aliens been seeding Earth since the beginning of time and are now watching us to see how we respond? If so, what is their purpose and why do they not make themselves known to us?

A MISSING PLANET MAY BE A CLUE

In the Asteroid Belt between Mars and Jupiter, scientists have noted there appears to be a missing planet. Was the asteroid belt formed by an exploding planet whose ancient civilization escaped to earth? Could we be descendants from an alien race that previously occupied another planet? Could some of those aliens still be living among us, either unrecognized or in hiding? Perhaps the progenitors of life on Earth escaped the annihilation of life on their own planet and are now hiding on Earth, watching to see if we destroy ourselves.

IS HUMAN LIFE ON EARTH RELATED TO EXTRATERRESTRIALS?

Panspermia is a mechanism that allows biology to spread through space without needing a spaceship. Living matter "hitches a ride on sunlight or inside rocks." Some scientists believe that Mars was indeed inhabited at one time. Some space rocks were "kicked" off the planet and landed in a "suitably welcoming patch" on Earth. Biological material from Mars that was in the rocks may spur exploration into the search for the solution to the age-old question: Where do we come from and why are we here? There are several theories that relate to extraterrestrials. For example, did aliens escape from an unknown planet and come here due to dire circumstances on their home planets? Are we descendants of this race?

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Environmentalist and ecologist turned author Dr. Ellis Silver believes this is the case. In his book, Humans are not from Earth: A Scientific Evaluation of the Evidence, Dr. Silver presents 17 reasons why humans are not suited for living on this planet.

He believes these reasons indicate we originated from another planet. He says that while Earth meets some of our needs as a species, it is not as good a fit for us as much as "whoever brought us here initially thought."

Silver gives some examples of our unsuitability for living on Earth. For example, he states that humans do not do well with large doses of sunlight, which we receive every day. He also notes there are a large number of people in the world who have chronic back aches, which he attributed to evidence that we originated from a planet with lower gravity. He also notes that we are better programmed to exist with a 25-hour day instead of a 24-hour one.

Silver suggests we may have come from Alpha Centauri. The planet may have suffered some type of cataclysmic event from which a few residents were able to escape and come to Earth.

ARE WE DESCENDANTS OF REFUGEES FROM MARS?

Some legitimate scientists and researchers believe that, eons ago, Humanoids inhabited Mars but a war destroyed the livability of the planet. This could have been due to the equivalent of two hydrogen bombs exploding on Mars 300,000 to 1 million years ago. Is it possible some living beings were able to escape to Earth before the destruction?

ARE ALIENS AMONG US?

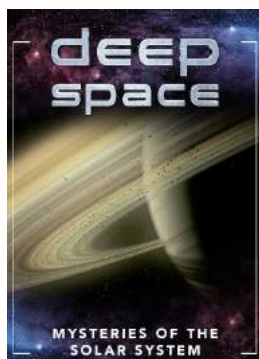
In 1999, a contact inside the U.S. Defense Intelligence Agency told a reporter his job was to analyze and monitor three extra-terrestrial groups who were, and likely still are, inhabiting Earth. The source said the alien species lives inside mountains, under the earth and sea in deep caverns.

The source expressed his belief that the ETs have a great deal of control over the planet and its inhabitants. He said the aliens have links to Mars, Sirius and Zeta Reticuli 1 and 2. The aliens living on Earth look very similar to humans. They have a head, two eyes, a mouth, two legs and two arms. They regularly study humans and take sperm, DNA and other bodily samples.

The aliens may be trying to manipulate human genetics in order to create artificial mutations. Is it possible we are a product of an ancient alien species that continues to study, observe and manipulate humans for reasons we don't know?

- **Raenae Wann**
gaia.com

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WHAT ARE WE? (continued from page 5)

There are as many answers to that question as there are people on the planet. We are evolved apes, we are incarnated spiritual beings, we are angels, we are aliens, we are creations of God, we are creations of aliens, we are illusions...and the definitions go on and on and on.

Incredibly, as such mind-blowing and consciousness-expanding ideas are driving the evolution of human existence, there are still places where humans are living in squalor, experiencing homelessness, starvation, being executed because of their religious beliefs or political beliefs or sexual orientation or race. Most of those who are living in extreme poverty or starvation or homelessness are doing so by the intention of other humans who are in authority or have more military power. In other words, suffering is inflicted on human beings by other human beings, intentionally.

It certainly seems to be in direct opposition to the idea of human evolution into One Mind, Divine Character or Eternal Life.

And let's face it...most of us can act more like un-evolved animals than divine beings. We lie, we steal, we cheat, we harm, we insult and mock those who don't agree with us. And we often act in profoundly self-destructive ways. It belies the existence of angelic nature and an evolved human consciousness.

So, again...WHAT ARE WE, REALLY?
What does it mean to be human?

In 2018, Aquarius Magazine will be exploring this question in a number of ways and will also explore ways in which ancient mythology and metaphysical modalities powerfully shape the experience of our humanity.

Our greatest hope is that as we understand and experience our humanity in ever expanding ways, our compassion, empathy and sacred honor and value towards ourselves and others will increase...and create global transformation and ascendance.

Thank you for reading Aquarius. Our hope is that you will be lifted up and inspired by what you read here. May your 2018 be your best year ever!!



"Love created me like itself."

A Course In Miracles (ACIM) has clarified all the misinformation I learned from the world, including from spiritual/metaphysical teachings. Among the most important is that my purpose—and yours too—is simply to be happy! Seriously, God created us to do what It does: give and receive Love!

I find A Course In Miracles to be a beautiful love letter from our Creator. Yes, it is also a course in mind training, designed to correct all the misinformation about ourselves and about love, that our human mind has been filled with since the beginning of time. However, at its core, ACIM is an invitation for us to fall in Love with ourselves, with each other, and with our Creator, for that is the only way we will fully experience what being an awakened human is all about. I am certain Marianne Williamson called her book, *A Return to Love*, because ACIM's function is to remind us that our purpose can't be fulfilled until we accept that we have been created by Love to Love!

Let's dive into the heart of ACIM as I take you on a journey through some of the most beautiful statements, which have allowed me to receive Truth so I could embrace, and experience, the purest and most delicious Love I have ever felt!

"You are the work of God, and His work is wholly lovable and wholly loving. This is how man must think of himself in his heart, because this is what he is." It has been wonderful to hear, repeatedly throughout the Course, that this is my true nature. Drinking in this truth has been, in and of itself, a healing journey for each time I accept this statement a belief unlike it—one based on fear—gets released from my mind.

"All His children have His total Love, and all His gifts are freely given to everyone alike." Realizing that God's love is total, for every one of us, caused me to really question the need to see anyone as better, or lesser, than anyone else. This sense of equality began to dissolve my judgments, blames, and fears. It began to open, and soften, me to feel everyone around me with compassion, kindness, forgiveness and grace. After all, A Course in Miracles was given to us by the Master Teacher whose primary message, 2,000 years ago, was that we are to love our God, and love our neighbors as ourselves. However, it wasn't until I became a student of ACIM that I really grasped the magnitude, and the inherent truth, in Jesus' commandment.

"Child of God, you were created to create the good, the beautiful and the holy. In the creation, God extended Himself to His creations and imbued them with the same loving Will to create. You have not only been fully created, but have also been created perfect. There is no emptiness in you." It's insane that I lived for forty-plus years seeking to become good enough, shopping to make myself beautiful enough, and believing holiness was something that could only be attained by the few the church deemed perfect, whole and saintly. No wonder ACIM seeks to train our mind to believe what is already True about us, according to God, who actually knows best, since It created us!

"The children of God are entitled to the perfect comfort that comes from perfect trust." I can assure you that the process to experience perfect comfort, within myself, is simply one of shifting my beliefs from thinking there was something unworthy, unlovable or missing in me, to learning to

trust that my perfection is as God created it. Once I committed to 100% perfect/total trust in Truth, the seeker in me began to dissolve, as trust allowed me to receive what was already mine, but was blocked from my awareness with misinformation the world mistakenly fed me.

"freedom to choose is the same power as freedom to create." It amazed me that we are all free to choose what we believe, and since we were created to create, what I believe becomes the world I experience. With this awareness I knew I would choose only Love.

"What you believe you are determines your gifts, and if God created you by extending Himself as you, you can only extend as He did. Only Joy increases forever, since joy and eternity are inseparable." Once I chose to believe that I Am—and so are you—the Presence of God's Divinity in human form, I began to feel my humanity come alive, as when I was a carefree little girl.

I sincerely believe that until we accept our Divinity as being inherently the essence of who we are—Human + Divinity = Humanity—we remain insatiable seekers of external idols, such as: sex, drug, rock & roll, money, power and approval to complete us. This mistaken perception about ourselves, and others, is what keeps us seeking for Love in all the wrong places: outside of ourselves, when the very Love we seek is simply waiting for us to turn within and claim it.

Keep Reading Next Page >

An Introduction To


A Course In Miracles



Laina Orlando


"To think like God is to share His certainty of who you are, to create like Him is to share the perfect Love He shares with you." Once we accept what we are we can't help but be the Presence of Love, and the bringers of Light, to our planet. I have found the peace that passes all understanding by simply accepting the function God gave me: "My happiness and my function are one." To seek, outside of myself, for what is already within me is pure insanity. Accepting my function and simply being the Presence of Love is all God wants from all of Its creations, and it is the only thing that activates lasting happiness!

"If Love created you like itself, this Self must be in you. And somewhere in your mind It is there for you to find." I'll leave you with a favorite mantra from ACIM: "Holiness created me holy. Kindness created me kind. Helpfulness created me helpful. Perfection created me perfect." Go Ahead, be bold and accept your birthright!



Healing With
**A Course In
Miracles**
Study Group

Facilitated by
Laina Orlando



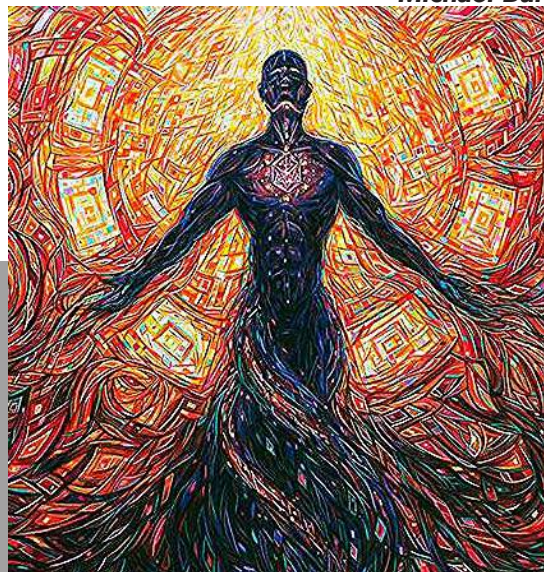
Laina Orlando makes ACIM simple to understand, easy to apply and fun to learn!
Tuesday Evenings (except holidays)
Unity North
4255 Sandy Plains Rd. Marietta, GA 30066
Donation: \$10
For more details visit: www.lainaorlando.com/attend

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

The Subconscious of God

The universe does not come to you
The universe comes through you
You will not find anything on the top of a mountain
That you did not bring their "inside" yourself
Your essence that caresses the stars
You're nothingness that is everything
Am I not a softly swept shoreline
As well as the wave of grace
That moves its breath
Across my shifting stillness
Light travels at a certain speed
Darkness doesn't have to move
It Just Is
It was here before the Light
But it was not known as Dark
It was only Known
Darkness Shone
It had no opposite
Darkness Was Light
For it only knew itself
As One
Light was held within its wholeness
It had no need to travel
It was safe
Safe inside the Sacred Womb
Where all is supplied
Nothing denied
Before matter...
Was Dark
Scientists call it dark matter
I call it...
The Subconscious of God.

- Michael Burke



YOGA: Under the Bodhi Tree

By Awilda Rivera



As I have said many times, YOGA IS NOT A RELIGION. Yet one can not ignore the fact that it seems to have some connection with some of the Eastern Religions. Most people are familiar with Yoga's connection with Hinduism, because of the Hindu iconography found in Studios around the world. You know what I am talking about.... Paintings of Ganesha or Shiva, maybe a Hanuman statue sitting on the reception desk or a pictures of Lakshmi hung in the practice area. Moreover, there are entire lineages of Yoga predicated on ancient Hindu philosophies found in Sacred texts like The Bhagavad Gita. But did you know that there is a link between Yoga and the ancient philosophies of Buddhism??

Buddhism is one of the oldest religions in the world. Many of its philosophies are predicated on ending suffering of all being through the daily practice of Compassion, Self Reflection and Mindfulness. Similarly, the true practice of Yoga is the challenging undertaking of choosing to combine meaningful actions and intentional behaviors in order to be your best self – on and off the mat. There are even more striking similarities that will not only highlight some of the linkages between yoga and Buddhism, but also explain why lineage there are also entire lineages of Yoga based on these ancient Buddhist teachings, like Purna Yoga.

One of the most fundamental connections is between the Eight Fold Path and the 8 limbs of Yoga. The Eight Fold path is the over all guideline for those choosing to adopt Buddhist philosophies. Likewise, the 8 limbs of yoga give a guideline to those choosing to practice Yoga as a method for living their best life.

8 LIMBS OF YOGA

Yama (ethical disciplines),

Niyama (rules of conduct),

Asana (postures),

Pranayama (restraint or expansion of the breath),

Pratyahara (withdrawal of the senses),

Dharana (concentration),

Dhyana (meditation) and

Samadhi (absorption)

8 FOLD PATH

Right Understanding (understanding the true nature of reality)

Right Intention (enlightenment for the purpose of helping others)

Right Speech (using your speech to be a beacon of compassion)

Right Action (using ethical conduct to manifest compassion)

Right Livelihood (making a living through ethical means)

Right Effort (creating wholesome qualities and releasing unhealthy ones)

Right Mindfulness (body - mind awareness)

Right Concentration – meditation



When its laid out in this fashion the overlap between Yoga & Buddhism is more evident. Ethical Discipline, Moral Conduct, Compassion, Meditation & Self Awareness take center stage across when we take a closer look at the connection between Yoga & Buddhism. But Why does this matter anyway?

There are tons of misconceptions about Yoga. The errant idea that Yoga is Hinduism or a Religion of its own is silly. Yoga is a dedicated practice of self-improvement with some roots in the ancient philosophies that were prevalent at the time when it was created. At the end of the day Yoga is NOT Hinduism. Yoga is NOT Buddhism. Are there tenants of each that can be linked to the underlying philosophies of Yoga, ABSOLUTELY. Whether you can relate more to the philosophies of one or the other as a means to help you get more connected to your yoga practice is your personal choice. There are some Yogis who choose to embrace the whole spectrum of Yoga and its subsequent interconnections, some choose to embrace only certain synergies and still other have found a way to practice in such a way that neither effect them.

The truth is that the aspects of Eastern Religions that have been incorporated into Yoga over time have added to the beauty of the woven tapestry of philosophy, movement and meaningful action that is YOGA.



There are many deeply spiritual questions showing up on our radars today, questions that great men and women have given their lives to explore. Do you ever notice that with death comes an often greater truth and knowing? Death at its roots simply means transition. We can understand this because everything is ultimately energy and energy can not die or be destroyed.

When I first started "waking up" and living life with more awareness, I read a statement that said "you exist, therefore you have always existed". At my spiritual center Unity North Atlanta, I experienced Deepak Chopra and he walked out on the stage and said "science still can not prove that we exist" I was abit dumbfounded and then I laughed. The only way I have made it this far is by learning to accept this now physical reality in knowing that I exist and I am loved. So are you!

We are not who we think we are at times, but we do exist as pure energy expressing our stories through our personalities and bodies. We are learning to express differently and shift our stories to change our histories and create our futures with more awareness and consciousness. Knowing you are not abandoned on a suffering planet is a great place to start bringing your awareness for reflection. Remembering that as a soul you chose and were chosen to be here. We have all tasted the call of life in us drawing us forward. We come from this experience of expansion called birth bringing our souls with us. A hero's journey indeed.

The questions I want to ponder with you for our January Still Point are , "how do you receive love"? Who in your life are you allowing to program the circuitry of your feeling and thinking? Have mom and dad been good stew-

ards of their time with you, showing you how to think and feel this most valuable knowing that you are loved and wanted? Have your communities and spiritual centers embraced you with love over flowing?



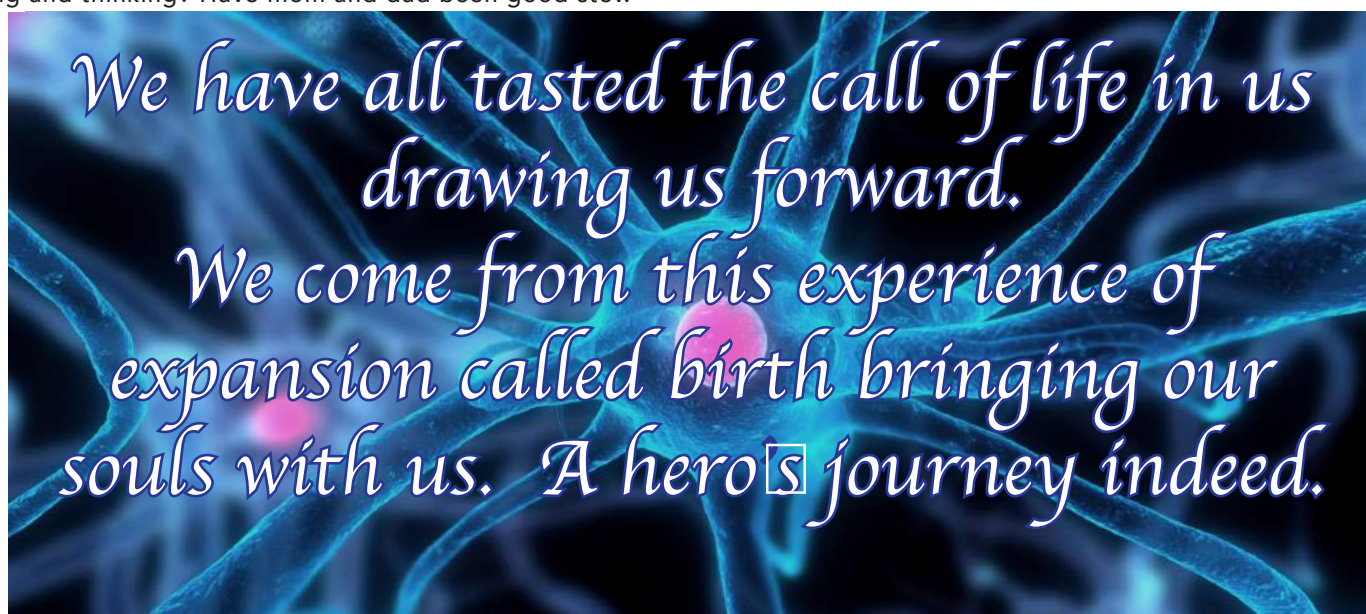
Most of us would hang our heads with a resounding, no. Good news is it is not too late. We can begin now. Hand on heart ready, set, go! You are loved, chosen and wanted to be and do exactly one thing: be you and become the greatest version of you! Love is what we are and what we seek. It is the expression of God within us! This type of relationship begins with how you think and feel about yourself. Others just give you back more of that! Partners, kids, parents, co-workers and friends all the same. We get lost in translation and our language needs some major improvements, yet we continue on.

It is my practice to bring myself into a remembering of what I am and then who I am every day. As I walk out my door and explore relationships and roles that we agree to like mom, dad, sister, brother , lover and friend...I trust that the God in me and the God in you will meet. When we start with our highest good and grow towards the light of love and friendship we are free and are experiencing freedom. Like attracts like and opportunities abound to grow what we know with others.

When you need more love or forget who you came here to be... find your Still Point. Within this center of your Being is all the knowledge and love you can possibly receive. Take the elevator down and quiet the mind and emotions and sit with presence like a child. Know yourself there and see the image in which you were made and know that it is good, worthy and beloved. Feel that reality. Receive that remembering. Namaste.

Allow 2018 to be the year of you! Celebrate all your becoming and loving no matter how messy you have been with it in the past. You are here now and we are one. Be loved and Be in Joy!!

Phoenix Lea
2018



horoscope

Capricorn

Dec. 22 - Jan. 19

Ariel Rose is an Atlanta area astrologer and intuitive. She also offers Tarot and Sound Therapy.

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♈ Capricorn (December 22 - January 19)
Happy Birthday Capricorn! You've made it through another journey around the Sun and this is a special month for you. Saturn is now moving through your sign, which is meaningful as this is your ruling planet. You may begin to feel the culmination of your hard work and start to see the rewards coming through. The next few years will be a powerful time of reshaping your identity and becoming who you are meant to be. Your personal charm and magnetism are also high this month, so make sure to get out and enjoy!

♊ Aquarius (January 20 - February 18)
January is a mostly reflective time for you Aquarius, as you review the passing year and get ready for your fresh new cycle. It's a great idea to relax, get a massage, light candles and enjoy being at home. It's time to release old emotions and anything negative that you've experienced over the past year so that you be begin anew. You're already brimming with new plans, so get out your journal and make notes!

♊ Pisces (February 19 - March 20)
The earthy stability of Capricorn provides great energy to launch your dreams and ideas. Your mind will be electric and plugged into the world consciousness, which you can use to benefit everyone around you. The fire of Mars conjunct the expansiveness of Jupiter in the sign of Scorpio are also spurring you on to greater heights and powerful self-transformations.

♈ Aries (March 21 - April 19)
The energy of Capricorn challenges you to step up and accept responsibilities and public attention. You will feel more pressure than usual to mature and handle work that may seem boring, but will reap rewards over time. Spending time to reflect on your psyche or working with a counselor to heal old emotional scars will be very beneficial now. Your mind is ready for new ideas and adventures that expand your world.

♉ Taurus (April 20 - May 20)
Travel, new ideas and adventures are on the horizon this month. You are feeling more stable and grounded, with a sense that some of your hard work will soon be paying off. This helps you spread your wings and explore new horizons. Relationships are passionate and intense right now with a focus on serious commitment. Either take a break to relax or bring your partner along on a trip that could prove transformational for you both.

♊ Gemini (May 21 - June 21)
The winter days of January will have you wanting to hibernate and only spend time with a few close friends. Your deeper emotions will be activated now and you'll benefit from any soul-searching or psychological work you undertake. You will notice that your physical health is clearly linked to your mental health at this time. Making sure to get enough rest, eat well and sleep enough will go a long way towards your overall happiness and well-being.

♋ Cancer (June 22 - July 22)
The hard realities and responsibilities of your personal relationships come into clear view this month. If you have been in an unhealthy situation for some time, you may finally get up the strength to let go. Strong partnerships will often get stronger, even if you experience some challenges. Either way, this is the perfect time to practically assess all your personal connections and keep the ones that are meant to last.

♌ Leo (July 23 - August 22)
This is the month for all Lions and Lionesses to get in touch with their physical bodies. If you've neglected exercise, doctor visits and eating well, it's time to get back on track. Taking a yoga class or learning better nutrition are also great ideas. Your New Year resolutions should include plans to care more conscientiously for your precious soul house and make sure you give it the love and attention you absolutely deserve!

♍ Virgo (August 23 - September 22)
The stability and dependable energy of Capricorn help you to be more creative and joyful this month. You thrive in an environment that values dedication and patient effort, so while other may feel heavy or burdened, you will feel lighter than usual. Your thoughts are investigative and you'll be looking to find deep, profound meaning in everything you explore or communicate to others.

♎ Libra (September 23 - October 22)
The energy of the Goat challenges the peaceable nature of Libra. Capricorn can be blunt and 'just the facts' which isn't exactly as elegant or graceful as Libra tries to be. You will be managing areas of home, family and real estate this month which may require patience. Your relationship with money is also likely to transform in some way at this time, allowing you to release many old negative patterns from the past.

♏ Scorpio (October 23 - November 22)
A deep and meaningful month unfolds for the scorpion, as the energy of Capricorn presents many opportunities for meaningful conversation and serious thought. You'll be able to communicate in a way that is both practical and friendly at the same time. Your personal identity can change in powerful ways now, as you have expansive energy available to you.

♐ Sagittarius (November 23 - December 21)
You could be feeling a deep sense of relief this month, as heavy-handed Saturn has moved out of your sign after a 2 and a half year stay. There is still plenty of work to be done around your areas of finance and money this month, but overall you will be feeling lighter and have a renewed spring in your step. You've learned a great deal over the last few years, reflect on the lessons and relax!

Welcome fellow Stargazers!

Happy New Year to everyone as we begin 2018. We welcome chilly January with the Sun traveling through the ambitious and resilient sign of Capricorn. This 10th sign of the Zodiac represents mastery of the material plane and presides over money, banks, big business, public career, higher goals, institutions and foundations. Capricorn is responsible, serious, careful and hardworking. Their symbol is a sure-footed goat with a mermaid-like fishtail. The pure goat personality is a reliable soul who climbs the mountains of life steadily and will allow nothing to stand in the way of their date with destiny. The fishtail (in similar fashion to Pisces) depicts the melancholy often experienced by Capricorn. However, it is also this 'divine' sadness that allows many goats to become great musicians, poets and writers. Just like famous Capricorn Michael Stipe sang 'Everybody Hurts' - the goat understands the difficulties of life and will encourage you to carry on in the face of adversity as they most certainly know how to do.

If you are in a relationship with a Capricorn-influenced person, don't be surprised if it takes some time to really get to know them. The goat is slow to trust and hard to move once they are attached. They don't give promises quickly or lightly, because they mean them to last. Their ruling planet is somber Saturn, whose stern voice keeps Cappy in check. This is the sign who often works late, while everyone else goes to the party. Capricorn tends to have a lonely soul, yet they are very particular about who they make friends with. Most goats only need a few super close friends for life who they can share and grow with over the years. They are incredibly nostalgic and often prefer trusted old methods over new-fangled inventions. Their often gruff exterior conceals a heart of true gold and they are more emotional and imaginative at the core than most will ever realize. Think of 'Lord of the Rings' author J.R.R. Tolkien, the Capricorn who loved history and linguistics and used them both to create an amazing fantastical world of stories.

The goat can be a curmudgeon, but they are the friend who won't abandon you when the going gets tough. They also have a magical 'reverse-aging' quality (one of Saturn's compensations for being a harsh boss!) so they do get lighter and 'younger' as they get older. Show them kindness and encouragement and you'll have a serious ally in any weather!

We experience two Full Moons in the month of January with the first on Monday 1st at 9:24pm EST in the family-loving sign of Cancer. This gives our New Year's Day vibration a focus on home, close ties with loved ones and deep emotional soul connections. The following day of Tuesday 2nd begins to progress our consciousness further, as Uranus (the ruler of Aquarius) turns direct after a 5 month retrograde. The month closes with our second Full Moon in the vibrant, optimistic sign of Leo. This day also coincides with a Lunar Eclipse which encourages us to release negative ego-based pride and embrace healthy self-esteem in it's place.



Kathleen Robinson

Legacy Of The Divine Tarot

January 2018



KING OF CUPS: The theme for this card is "Good will towards all." If you have been having difficulties or challenges with friends, relatives, co-workers, business associates, neighbors, or anyone else, it is time to forgive them. Holding grudges only makes us feel worse, and there is no point in wasting energy on something negative. What we don't like in others is very probably a reflection of something we don't like in ourselves. So take a moment to say a silent prayer of forgiveness for those who have especially been a thorn in your side. You will feel better, and the rewards can have major implications. Staying calm, caring, tolerant, and diplomatic are all key this month.



JUSTICE: This card's message is to bring fairness and truth out into your world. See the value of each person you deal with, and be grateful especially for those who are your friends. All is not fair in the world, which makes it doubly important for us to be fair in our interactions with others. What has been going on in the world for a long, long time has been anything but just and fair for the people of our planet. There is now a good chance that this situation is changing. On the world scene, we are seeing injustices made right, and help given for people who have experienced injustice and inequality for so long.



PAGE OF WANDS: As the New Year arrives, the Page reminds us that we have brand-new opportunities to start anew in any way we choose. It can be just a small change or improvement that we want to make, or it can be a more formal goal that can help us grow through the whole year. Just get started on something that will benefit you. The Wands energy is powerful, reflecting an influx of new vitality that is happening all over the world. You can contribute to the start of something wonderful, fresh, and action-oriented that can make your personal world better. Be enthusiastic, get excited, be optimistic, be passionate. Now is the time. Overcome a fear, have an adventure, be daring, be assertive, and avoid the "sure" thing.



6 OF WANDS: What you work on this month can have stupendous results. The success you experience will be rewarding, satisfying, and fulfilling. So

don't hold back as you decide what you would like to work on. Go into it with a sense of accomplishment and confidence, because the probability of success is high. Stay in a positive frame of mind, which will allow you to vibrate at a higher frequency. This in turn will help you receive that which you desire. Feel the success before it is achieved, have a sense of gratitude, and in your mind's eye see the results that you have been working on. You can make it happen, so go for it.

TRENDS FOR THE MONTH: January holds a lot of potential for us to make major headway in what we want and in helping to make our community, and beyond, better. Release any grudges, practice forgiveness, be ethical and fair in dealings with others. Commit to making at least one positive change during the year, which can have far-reaching implications, some of which you may not even be aware of. Success is at hand for whatever you attempt, so go into it wholeheartedly; set an intention that what you are planning is for the highest good of all those involved. Do your best, and then wait to see some magnificent results. The possibilities are truly endless.



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



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Black Eyed Peas

Brenda Cobb

The black-eyed pea, also known as the cowpea, is thought to have originated in North Africa, where it has been eaten for centuries. It may have been introduced into India as long as 3,000 years ago, and was also a staple of Greek and Roman diets. The peas were brought to the New World by Spanish explorers and African slaves. They have become a common food in the southern United States, where they are available dried, fresh, canned, and frozen.

Black-eyed peas get their name from their appearance. They're cream-colored with a little black spec that resembles an eye. Although their name would make you think they're a type of pea, black-eyed peas are actually beans. To many they're not only hearty and healthy, but they're also lucky. Some cultures consider black-eyed pea consumption a sure way to start off a prosperous and good luck-filled new year. These anti-inflammatory beans are so good for you they can make you feel lucky when it comes to your health.

Inflammation is at the root of many diseases, but one to two servings of black-eyed peas per day can help fight chronic inflammation and prevent many serious health problems. One of the biggest black-eyed pea benefits is their high level of dietary fiber, which helps promote regular bowel movements and improves the health of the entire body, especially the digestive system. The large amount of fiber contained within black-eyed peas absorbs water in the digestive tract, swells up and carries waste products out of the body. Thanks to being a high-fiber food, black-eyed pea consumption can help prevent constipation, which is always a good thing. Like most beans, black-eyed peas are rich in the best sort of fiber, soluble fiber, which helps to eliminate cholesterol from the body. Not only are they low in fat, but they also supply high quality protein, which provides a healthy alter-

native to meat or other animal protein. Beans also contain protease inhibitors, which frustrate the development of cancerous cells.

Getting adequate iron in your diet prevents anemia, which can cause fatigue and weakness. Anemia occurs when your blood has a lower than normal number of red blood cells or if your red blood cells don't have enough hemoglobin, an iron-rich protein that gives your blood its red color and helps those cells bring oxygen from your lungs to the rest of your body. Aside from being high in iron, black-eyed pea benefits also include being high in folate, a B vitamin needed to make normal red blood cells. This is important to note since low levels of folate can cause anemia. Black-eyed peas are part of the legume family that is known as being a primary source of plant protein. Protein helps maintain healthy muscles, bones and cartilage.

Black-eyed peas can be soaked and sprouted rather than cooking them. Once they are sprouted they become a living food and are full of enzymes and concentrated nutrition. To sprout just put one cup of beans in a sprout bag and put the sprout bag in a pot or bowl of 5 cups of filtered alkaline water overnight. The next morning take the sprout bag out of the water and rinse with fresh water. Put the bag in a colander so the excess water can drain out of the bag. Rinse in the morning and in the evening for a few days until the peas sprout a tail. Once sprouted they will have increased in size to about 3 cups and are ready to use in a recipe.

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



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Raw Black-Eyed Pea Caviar

**3 cups sprouted black-eyed
peas**
5 green onions
1/2 cup fresh cilantro
1 jalapeno pepper
1 cup fresh tomatoes
1 cup yellow bell pepper
1 Tbs. garlic
2 Tbs. olive oil
2 Tbs. lime juice
1 tsp. ground cumin
1/4 tsp. Himalayan salt

Chop the green onions, cilantro, tomatoes and bell pepper. Seed the jalapeno pepper and mince the pepper and the garlic. Combine the sprouted black-eyed peas and all of the rest of the ingredients and mix well. Chill for several hours and then enjoy.



What Would Love Do?

**The
Intuitive Therapist
... Janis Cohen**



Recently, I facilitated a past life regression for a client. She struggled with the block of giving her love completely to her husband and children and wanted to understand why and what she could do to resolve it.

As always, the Soul gives clients the exact messages they need during a regression and this time was no different.

As my client traveled back in time to a lifetime in the year 1735, her soul showed her images of her life as a wife and mother with three small children. Her husband was a soldier in a war and he wore a "red coat with gold buttons".

In that lifetime, her husband went off to war for long stretches of time and his survival was uncertain to her. What became clear to her in that lifetime was that she needed to be strong for everyone, guard her heart against the pain of loss, take charge of her home and children, and keep the family moving forward.

When we asked her soul what wisdom and understanding she needed to know about this particular lifetime, my client reported, "The men are gone and aren't coming back. I don't feel safe. I have to do everything on my own while my husband is gone. The reason why I am afraid to love fully is that something might happen to my husband and children; that they will die and I will experience great pain."

This was the root of her challenge - and the solution.

Prior to her coming out of the regression, I called on my spirit guide team and her spirit guide team to deliver her healing messages as well as offer additional insight. The

teams gave her a clear message: "in spite of the fear of loss that you have, just be love and come from love and you will feel safe. It is safe for you to love." Then, the team posed this question to her, "What would love do in your current life?" And the team gave her this additional piece of advice: "love your family without worry and let love guide you in your life- always."

As she came out of her hypnotic state, we began to talk in more detail about the life lessons and messages that she received that day. It was clear that she had connected with the underlying fear that held her back from completely loving her husband and children: she was afraid to give love and suffer the consequences of loss if she loved them completely in this lifetime should a fatality occur with her husband and children. Knowing this brought a great deal of relief for my client. She shared how enlightened she felt and how the regression lifted her burden completely.

Every time I facilitate a regression I am awed by the messages that Soul gives. The wisdom of the Soul is magnificent and intelligent and it always brings revelations and relief to each of my clients.

The question of "what would love do?" has buzzed around my brain since meeting with this client. Another way of looking at this question is: "what would love advise you to do in a particular situation?" Because I staunchly believe that every encounter I have with my clients is important, I have been guided to share this question with you, the readers.

I want to ask you to think about

these questions. What would love do when you experience difficult times with your mate? What would love do when you are grappling with a major life decision? What would love do when pride guides your actions too often instead of humility? What would love do if you are too critical of yourself or if you aren't living authentically?

How can you rely on and use love in your life to be happier? In what areas do you need more love and compassion for yourself and others? How can you feel more courageous to love without the fear of rejection and loss? What does love look like in your life?

When we tap into the true essence of love, we immediately connect with the essence of the Divine. We become beacons of light for those who struggle in their darkness. We become less stressed and more easily guided by our intuition and spirit guides. We begin to live from the core of our spiritual truth; that we all are made in the image of the Divine Creator and harbor and endless supply love and compassion to create lives that we love.

What would love guide you to do in your life right now?

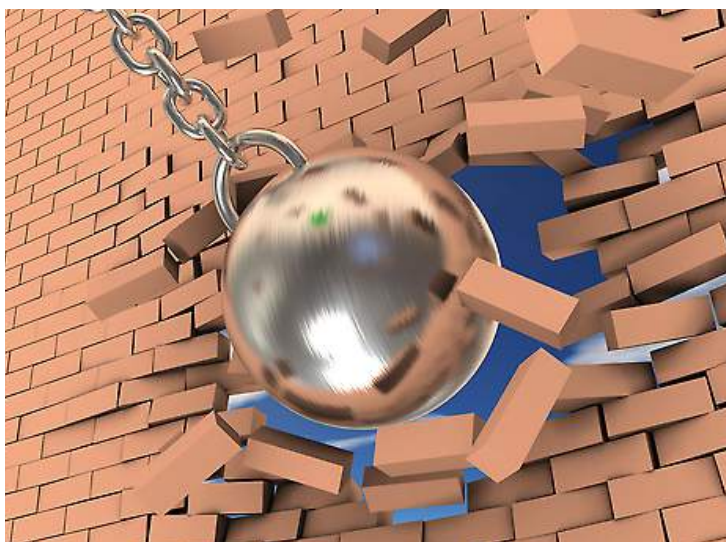


Janis R. Cohen, MSW, LCSW is internationally known as The Intuitive Therapist. With 26 years as a therapist, clairvoyant, empath and medium, Janis works with spiritually conscious people who struggle to make decisions and take actions. She helps them feel confident and certain about their decisions and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

Experiencing creative blocks is not uncommon. Everyone has heard about writer's block, in which the writer in question has reached a low point of motivation and muse, and struggles with wishing to continue on their creative journey. This also extends to all types of creatives: artists, musicians, actors, and dancers, to name a few. It can affect hobbies, the small things people do on the side, for fun. And not only that, but a mental obstacle such as this can also extend to any other career: the bus driver, the police officer, your dentist. In our modern world, people are expected to take their jobs very seriously and work hard around the clock. Our digital devices allow us to bring work into the home, leading to an overload of work and a difficulty distinguishing work life from home life. Burn-outs are common, and it is important to acknowledge them when they happen, or you risk letting it affect not only your job performance, but your home life and the way you interact with other people in a casual setting.

When a block occurs, the first thing you can do is see it as an opportunity to reflect. Blocks should not be scary or discouraging: like pain, discomfort, or feelings of anxiousness, they are designed to alert you that something is not quite right. If you find yourself burnt-out on your career or a hobby you love, you must take the time the block provides you to assess your relationship with the activity. Although you might have once been excited about it, does it still provide what you loved about it in the first place? Does it still serve your needs, whether your needs include personal, physical, or

monetary satisfaction? If you were to walk away from it right now, would it improve your life in some way? Even if dropping the problem at hand provides some level of emotional relief, it may be important enough to step away from it, even for a short while, even if it means taking the time and work to find a replacement. The thing is, when you give yourself




space away from something that has burnt you out, you allow yourself to realize one of two things: either it no longer serves you and you can walk away from it, or it proves to be important to you and you need to continue pushing yourself to include it in your life.

Once discovering that your block has accumulated on an activity that you are passionate about, that you do not wish to walk away from, the next step is working past the block. After all, you cannot achieve your goals if you are avoiding the work you need to put in. Start by doing peripheral activities - things that contribute to the main goal, but perhaps not directly. For example, if you are a musician burnt out on your instrument, just

listen to your favorite music. If you are a surgeon, perhaps watch hospital dramas or successful surgical videos. Allow yourself to fall in love with it again by exposing yourself to what caused you to fall in love with it in the first place. Bring yourself back into the fold one step at a time, because you have the time. Even if it feels like things are urgent, trust that they are not. You are allowed to breathe and reset yourself, even in the seemingly endless hustle of the world around you.

When starting to play a new instrument, students are encouraged to practice for incremental amounts of time, which allows them to grow into a productive practice routine. They start with five minutes a day, then ten, then fifteen, and so on. Particularly for creative work, if you set a timer for yourself - limit yourself to a mere five minutes for your chosen activity, the one which has given you so much trouble - you may find yourself eager to return to it the next day and continue what you were doing. Taking a slow approach may be what you need to let you find that passion again, and continue your previous work toward your ultimate intention, as if you had started anew.

Kaitlyn Radel-Finneran is a UIF writer and valuable team member who is currently studying Creative Writing at the University of South Florida. Previously she was a professional tarot reader and strongly believes in the power of personal intentions!



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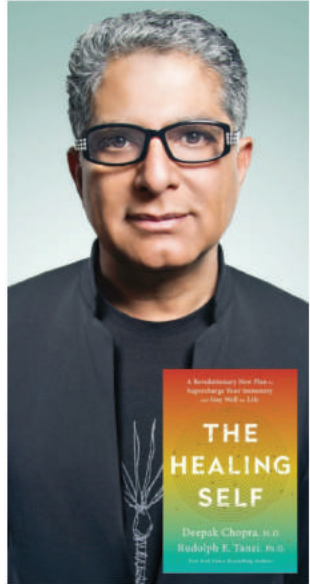
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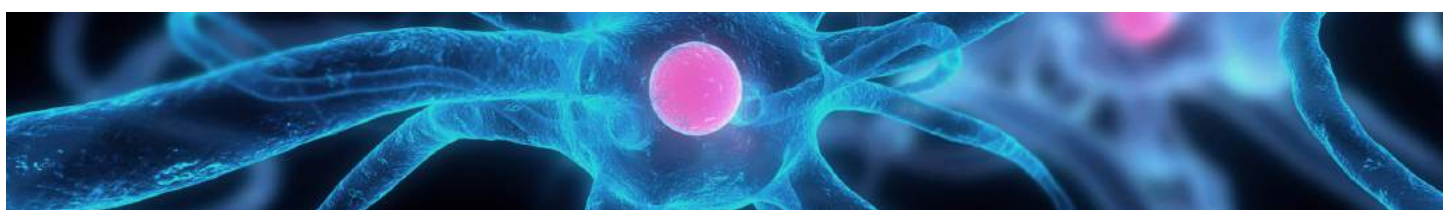
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AQ Divine Feminine

Awakening The Goddess



By Crystal Starshine

As I sit in the modern convenience of a warm, cozy home staring out into the woods with trees drenched in snow I ponder on how these modern conveniences hold us back. I grew up camping and spending time out in nature, backpacking to a secluded lake in Oregon. I've even done a short stint on the Appalachian Trail. These mini trips out into the wilderness could never prepare me for the winter storm we just experienced. It's easy when the temperatures are warm or tolerable and you're out to have a good time, but when disaster strikes and you lose modern conveniences how do you react?

The weatherman said we were to get about 2 inches of snow in my area, by 11 AM we had 4 inches and the snow was supposed to continue for about 24 hours. By the next morning the power had gone out and our lovely view of the snow was not only beautiful, but had an eerie silence. It was 6 AM and as the daylight crested the horizon the glowing white powder had made its magical presence known with about 1 foot of snow draping everything it came into contact with. It was so beautiful, there was no hum from any electronic nor was there heat to warm my morning. My camping experience luckily equipped me with the knowledge to light the barbecue grill to boil some water and make coffee in a percolator. It was wonderful to drink the warm liquid gold and watch the silence of the world. I'm lucky enough to live outside of the big city in the country side at the base of the north Georgia Mountains. It's beautiful here! I get to drink wonderful, clean water from a well and have woods and cows for neighbors. I also have a flock of 23 chickens that provide organic eggs, along with two dogs and two cats. I wouldn't give up living here for the modern conveniences of the city and I'll happily drive 20 minutes to get to the closest grocery store. But when bad weather happens and the simple modern convenience of electricity creates catastrophes then life and happiness quickly changes to survival.

The disadvantage of living on a well is that when there is no power there is no water. Living here in Georgia we don't see many snowstorms like this and so preparedness easily slips the mind and generally speaking

the power companies are quick to react and have as back up and running within a few hours. Unfortunately this time that was not the case, by 6 PM power had not been restored so cooking, drinking water, flushing toilets and having heat was now a concern. I grabbed out a few of the battery operated lanterns and we had light glowing in a few rooms of the house I also grabbed a small



indoor propane heater used for camping and waited till the last moment before sleep to turn it on to warm us up. Blankets were piled high up on the bed, comfy socks, sweatpants and sweatshirts now became our pajamas. The animals didn't hesitate and piled into the bed with us as well adding the extra warmth. Sleep that night was not very easy as you begin to worry about pipes freezing and what the next day will hold. My mind that night raced on how I could have better prepared and how could I be more prepared for the next round. I thought of how to put solar panels on the roof, I thought of how to redo a gas fireplace to a log fireplace and how a generator would have been really nice. The next morning at 6 AM, 24 hours in to power loss, I woke up quite frustrated and angry. It was bitterly cold in the house and I was craving a hot shower. All the privileges of simple modern convenience are what I wanted back.

Luckily there was modern convenience just 20 minutes away so we jumped in the truck and went out to have breakfast. It was so nice to have a warm meal and a steaming hot coffee to warm your soul. All I could think of was all the people the deal without having modern convenience on a daily basis and how spoiled I was to normally have a toilet to flush, clean running water, a roof over my head, clothes blankets and the refrigerator full of food.

After breakfast we came home to install the generator to plug-in the fridge and a couple of small heaters to try and warm up. It still

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didn't help that we had no running water to flush the toilet or take a hot shower so I grabbed a big pot, filled it with snow and melted it on the barbecue grill. I then sat in the bottom of my ice cold tub and poured hot water over my head to take a bath. As I did this I imagined all the people in countries that don't have bathtubs and hot water and how lucky I was just to have the small moment of cleanliness. It struck a deep cord! How we can easily forget about the world around us and be so self-preserving? I thanked the goddess with every cup of hot melted snow I dumped over my head. I thanked her for my privilege, my hard work and the power outage so that I could get right in my heart.

The lesson I learned with a 36 hour power outage was more on a soul level than on a preparedness level. I had compassion for people and souls that I've never met that I know exist out there in the world without ever laying my eyes on them. I managed to change anger into problem solving and create with what I had on hand and make new space in my heart. I thank the Goddess for this snow storm and for her lessons and guidance to carry into 2018.



Just a short year ago, millions of women across the world marched together in support of each other and women's rights in the face of an untenable reign of Donald Trump and his misogynist ways. Watching the Commander in Chief elected in spite of damning sexual assault allegations, fed the feminine fires even more. It was a watershed moment when most women realized they could no longer sit on the sidelines and be passive.

A year later we see a decisive shift in the attitudes towards women and most importantly within women.

Time Magazine even chose "The Silence Breakers" over Donald Trump as their Person of the Year, acknowledging the "problem that has no name." This moment is born of a very real and potent sense of unrest, yet it doesn't have a leader, or a single, unifying tenet. The hashtag #MeToo has provided an umbrella of solidarity for millions of people to come forward with their stories.

This reckoning appears to have sprung up overnight. But it has actually been simmering for years, decades, centuries. Women have had it with bosses and co-workers who not only cross boundaries but don't even seem to know that boundaries exist. They've had it with the fear of retaliation, of being blackballed, of being fired from a job they can't afford to lose. They've had it with the code of going along to get along. They've had it with men who use their power to take what they want from women. These silence breakers have started a revolution of refusal, gathering strength by the day, and in the past two months alone, their collective anger has spurred immediate and shocking results: nearly every day, CEOs have been fired, moguls toppled, icons disgraced. In some cases, criminal charges have been brought.

Men have been treating women unfairly since Adam blamed Eve for eating the apple in Genesis. But the current shift

is causing leaders in most industries to recognize they cannot keep covering for the bad apples in their midst or continue pretending like the problem doesn't exist. This represents a sea change in corporate America and one we are seeing spread even to our own Capitol as Democratic Senators lined up against Senator Al Franken attempting to "clean their own house" in anticipation of a potential ethics fight if Roy Moore is elected in Alabama as well as a sharp contrast to Donald Trump.

Congress retains the potential to be the biggest arena for such revelations. Combine a historically (and currently) heavily male dominated group of entitled and powerful men, a system that allows members to keep claims quiet and mostly hidden and a business in which victims are particularly reluctant to speak out for fear of reprisal and the result is an atmosphere that is catastrophically overrun with sexual harassment.

One congresswoman is pointing the finger at America's elected representatives. Representative Jackie Speier, a Democrat from California testified in front of a Senate committee that at least two current congressmen have harassed women and said that over \$15 million had been paid by the federal government to compensate victims of harassment. She currently has introduced legislation to strengthen laws on preventing and reporting sexual harassment on Capitol Hill. This legislation is timely as allegations are coming in daily, not to mention an overflow of new claims flooding state legislatures across the country.

With women finding their voices, will that be reflected in female candidates in the mid-term elections? The December 5th special election in metro Atlanta had women winning every seat when pitted against a man. The hotly contested Atlanta mayoral race came down to two women and the upcoming governorship has two Stacey's as the only Democrats

running against an all-male cast of GOP contenders. In 2016 there were 19 women running for US Senate and currently there are 38. In the US House in 2016 there were 181 running compared to 354 slated for 2018 with many states' filing deadline well into next year which could bring more contenders. To date in the Georgia legislature there are only 26% who are women, a glaring statistic many local women are challenging this next year.

And women are standing up and being supported by other women. Locally HerTerm, Emily's List and ProWin, to name a few are recruiting women for down ballot slots as well as hosting workshops to immerse candidates in the realities of campaigning. Pave it Blue is an Atlanta based women's activist group formed last March, currently numbering over 4,500 members. The group is committed to educating, activating and engaging women at the grassroots level, and supporting progressive candidates running for elected offices.

We give thanks for the courage women have shown in telling their "Me Too" stories which has given way to a long overdue shift towards equality, perhaps finally making 2018 **The Year of the Woman.**



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

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— Swami Muktananda



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-Ammachi

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A New Landscape

Diane Glynn

We all know (at least those who read this publication) that we are in the midst of a universal shift of mammoth proportions. The energy of this planet is shifting and surging in such a way that it is difficult to ever feel grounded. From a spiritual or mystical perspective, that's okay and not all that unusual except for the magnitude. On the human plane, however, it can be extremely challenging. If you are unfamiliar with such shifts, the intensity of this experience can be overwhelming and even frightening.

Comments on any news story on social media these days gives you a birds-eye view of the millions of people who have not yet begun to recognize what is really happening. They are so immersed in their humanness that they can't possibly imagine a world where peace abides and people live as one. They don't have a clue to what that even means. Everything that we are hearing and seeing can easily lead us to believe that we are in deep trouble. It is easy to go there and to jump on the bandwagon that's filled with folks who believe the world is quickly spiraling out of control. They are partially right. It can certainly feel like something is very wrong.

My husband is a former landscape designer. Part of the process of creating new spaces would be to present wonderful designs to his clients creating excitement about what their property could look like. He would brainstorm with them and incorporate their dreams into the plans. Once the design was complete, the transformation would begin. Halfway through the project, however, when the client's property was completely destroyed, he would often get a panicked phone call. "What have you done? My yard looks horrendous! I don't see anything here that looks like the plan you gave us!!" Dan would gently explain that in order for the beauty of the design to become apparent, he first had to remove the grass, pull up trees, shift the dirt around and add some more, dig more holes for the new plants and trees and add all the beautiful extra touches to the finished project. In other words, the yard would need to look like a warzone for a while before it could become the peaceful sanctuary that was once just a dream.

That's exactly what is happening now. We are in the midst of a massive cosmic makeover. The landscape is being destroyed and the energies are shifting almost relentlessly. Everything we know and trust is being dismantled and it feels like there is nothing left to hold on to. As we look around, we see nothing but destruction. How we react to the changes that are occurring will have a lasting impact on us and on the planet's future. Many of us recognize that, but what about those who don't?

In this world where an incredible amount of attention is paid to what is wrong, what role are you playing? What stories are you telling? Who will you be in the midst of all of this? If you believe in the power of positive thought and action, how do you use that to help the millions who haven't yet reached that level of understanding? I envision the millions of us who do believe in positive thought/action moving around the

world influencing everyone that comes into our space. The energy that each of us emits is in tune with the changing energy of the planet and, together, as one, we are beginning to gently shift the belief systems of the planetary cynics - the people who believe only in what their human senses experience. As they enter our field of dreams, they hesitate. What is different here? What is this feeling? What do we know that they don't? They hesitate, they resist, but some of them slowly begin to feel a desire to have what we have. They want to know more and they want to experience the life we live. Some of them easily accept the new paradigm, others struggle, afraid of the changes they don't fully understand yet.

This may be my dream, but it is also the reality of what is happening. We are standing in the midst of chaos, but around the planet the believers in positive thought/action are increasing. The cynics are beginning to feel uncomfortable and some are lashing out, trying desperately to hold on to what they have been told. Their belief in power of evil is being questioned and they are struggling to find facts that clearly support that belief. The contrast is important. What we are seeing happen, must happen in order for the landscape to change. Collectively, we understand and remain patient, knowing that there is a power greater than all of this that is always creating through us whatever it is we desire. Good or bad, it is always creating. The more of us that know this, the more interesting the process of changing becomes.

Do you recognize your role in this changing landscape? Are your hands deep in the muck of uncertainty, digging around, trying desperately to make sense of what seems so wrong? Are you, instead, yelling and screaming saying this is not what you want and someone needs to fix it? Or, have you traversed the landscape of uncertainty and entered the garden of understanding? Are you ready to welcome others to your sanctuary?

Yes, we are standing in the midst of chaos both as witnesses to this spectacular process, and, more incredibly, as participants. In this moment, this special moment, exists the wonder of all that is possible. Come, take my hand, let's walk through this beautiful garden we're creating together. Invite your friends - all of them! Let them experience what is possible.

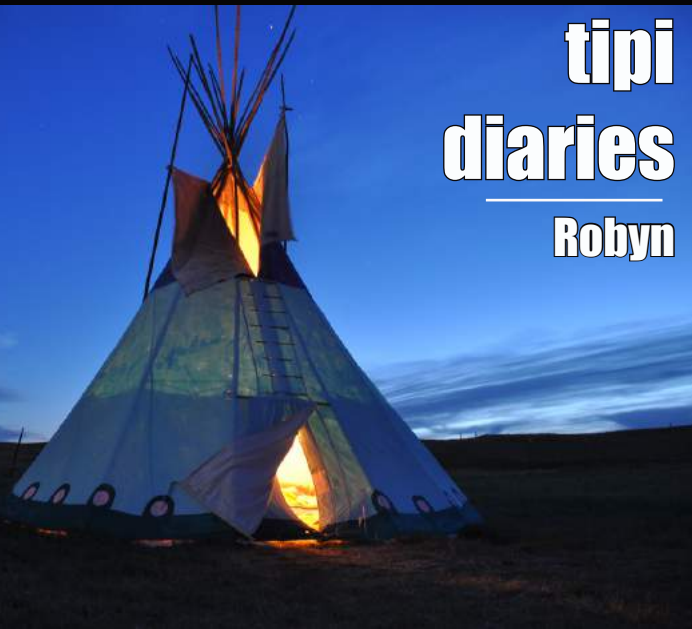
From my heart to yours, Diane



Diane Glynn is the Executive Director of Unity North Atlanta, a Spiritual Community in Marietta, GA. In her spare time she is also a freelance writer. Visit her on Facebook at This Moment or www.yesthismoment.com.

tipi diaries

Robyn



The Mind experiences. The Soul witnesses.

The Soul does not experience, it witnesses. Only the mind can identify a moment as an experience. Only Ego creates a story with it. Only Ego becomes the story, the identity. Only Ego attaches. The threads of each Ego get attached to the Soul. Whatever is not forgiven, wherever there is regret, where there is pain...there is Karma created. To unravel these threads we simply focus on what is in this moment, because all of it exists in this moment.

Spirit wants to know the moment with you. Spirit wants you to know the moment. We're here to experience the physical, ...connection With love and creation... in the physical. Somewhere we forgot. We forgot that we are not separate from Spirit, from the soul, from each other, from the infinite energy we are. Our connection to source is always present, even if we forget. Our connection to each other never stops, even if we ignore it.

Are you witnessing the experience or experiencing as a witness? Is there a difference?

The night sky is the day sky. In darkness or in light, it is still the sky. Whether in darkness or seen in light, the moon is always there. Abundance is always around you, are you seeing it? Are you taking it in? Even if you can't see the moon, you know it still exists. When the Sun is not visible, you still feel it's presence. This is what Faith means. Trusting that even when we can no longer see, hear, smell, taste, or touch and feel something... it still exists. This is Spirit link, another "sense". It is as much in every moment as your other senses are.

Don't ignore what is the moment, with all of your senses, with your smell, your taste, what you see, what you hear, what you feel, physically and intuitively. When the mind is guided by Spirit and not Fear (Ego), there is no more good and bad, no judgment attached to it, it just is...

It's not the mind that wants to understand, it's Ego (fear mind). Understand how the Universe works with your mind? This is not possible. The mind is just for processing, like a computer. When the mind opens up, surrenders, becomes a channel for Spirit to operate, everything is in the moment. You still are you, just operating from a space of infinity, from abundance...and not from a place of fear or lack.

When you are no longer self defined by your story, your pain, your Soul can break free from Ego's walls. Soul can connect to itself, from itself. You can witness the experience and experience as a witness. You are defined by nothing and everything. Duality ceases. There is no separation. This is what is meant by Ego death. You no longer see yourself as separate. When Mind is merged with Soul we can witness moments of pain. We feel it, but it does not define us. When Soul is merged with Mind we can experience the breath, the dance, the song, the Love, EACH OTHER with all that is. We become the moment, this moment, and only the moment. We discover the joy of connection. This is what mind, body, spirit means.

Ki Jai (this is victory!)

No one has the power to make you small, to make you less than you are. We may believe that someone else wants to cut us down, whether or not they do it consciously or unconsciously does not matter...because they can't. If we can know this, in our hearts,... that nothing and no one is capable of turning down our light, our inner fire... We will own our self love. Our love of self and others runs so deep, it is infinite. We are not moved. Our love of self and others cuts straight through all of it. In a flash, we are seeing it all for what it is, nothing but fear.

Until you have nothing but love for yourself...nothing but unconditional love, respect and compassion for yourself...you can't fully and whole heartedly have it for it others.

If you really want to be of service to others then learn to love yourself, to stop judging yourself. Have compassion and patience for yourself. Learn to forgive yourself.

There are many more channels to plug into other than your higher self, many other voices to pay attention to other than your own. Whose channel do you want to follow? Yours? Or someone's else's? Whose voice you do want to hear and listen to? The external one, the one in your head or the internal one in your heart? The one that only has your highest good in mind or the one that is trying to distract you from being it? Not achieving it, being it. There is only fear in the way of us connecting all the way...through the many levels and layers of all of our fears, until all we see is the truth in each other. No matter what our words or actions may be, all we see in each other is our divine selves reflecting back. There is nothing you need do, you are already the purest vibration there is.

You are Love...and you are loved.



Experiencing A Brand New Paradigm

Patty Paul

One summer's day I decided to embark upon a meditative journey to experience a state of being far beyond the limitations of time and space in our physical plane. Far beyond our current paradigm with its principles of chauvinism based upon domination and control that create an "It's either them or me, dog-eat-dog, survival-of-the-fittest" kind of world. I wanted to experience a brand new paradigm created from unconditional love and peaceful cooperation.

I was aware that such a utopian reality exists in the multi-dimensional unconscious where all things are happening "now." And since I do create my own reality, I knew that I could experience that brand new paradigm in a self-guided meditation. "What would that feel like?" I wondered.

Before I began, I thought my etheric journey would probably be a visit to another lifetime taking place in a more enlightened dimension of my unconscious. What actually happened was so much more.

First I stated my intention for this meditation, then I called upon my unseen friends and my unknown presence (the "greater" me) to help and guide me on this adventure into the unknown. As usual, I began my meditation by counting down from seven to one, taking my consciousness deeper and deeper—through my subconscious as the numbers got smaller—then deeper still into the unconscious realm. At number one, I sensed myself in my familiar safe-place—sensing the colors, aromas, sounds and touch that make my safe-place real.

I invited my higher self to blend with me, and opened to receiving and integrating their energies (which I physically feel) with mine. I did the same to integrate my Soul's energies. I asked to be transported to a place beyond chauvinism where an aspect of me—a more enlightened part of the truer me—is spontaneously creating realities with unconditional love.

I found myself in a series of beautiful settings—flowering gardens, sunlit green meadows, cascading waterfalls—scenes that segued easily from one to another. I knew these wonderful realities were spontaneous expressions of the greater being I am. In one enchanting space the word "paradise" popped into my conscious mind.

I stated my desire to create "peace and harmony." Immediately, I was standing among animals of all varieties—including lions, lambs and birds—all existing in peace and harmony in a reality far beyond the old paradigm "kill or be killed" laws of nature. Far beyond the ecological food-chain requirements of the physical world. (My conscious-self wondered if this reality could ever exist in the physical world. A biblical reference to "Eden" popped into my head. That opened me to thoughts about how much of the Bible is written as allegory and metaphor for realities I was experiencing.)

Next, a beautiful scene spontaneously manifested in which I found myself in a gathering of other beings in human form. We were all friends—a community—and many others joined us. I sensed that some here were friends of mine from other lifetimes in Sirius,

Lemuria and Atlantis, and from my current Patty Paul lifetime.

Unconditional love and compassion, acceptance and respect, forgiveness and gratitude were some of the emotional energies that filled us and emanated from each of us. I felt the depth of nurturing love and sense of belonging resonating in this reality.

The emotions I felt and insights I gained in this mediation made every "state of being" real for me. Not only was my consciousness expanded way beyond my original expectations, I was opened to the unlimited possibilities of what could be.

Fulfilling my heart's desire to experience a beautiful new paradigm was truly life changing for me. Dear reader, it could be the same for you.



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Unique Voices

We Are Who We Are And Who We Aren't And Who We Wish To Be

Pat Green

Who are we is a seemingly magical question. It is also a question that we are scared to answer. It is why we are drawn to spirituality and religion. To believe we are divine or powerful gives us something to cover over our fears that we lack meaning. That we are less. That is who we are not. The real trick is trying to figure out who we wish to be.

I'm a writer and an artist. This is where I was about to make a joke about how this is why I am crippled with self doubt. But the truth is deeper than that. I am crippled with self doubt because I have a low self esteem. I suffer from low self esteem for a variety of reasons.

There's a few people in this world who love me. There are two in particular that I would do anything for. Those two people are my son and my fiancée'. I often worry that I will fail them or hurt them or otherwise let them down. There is a thing called imposter syndrome. You feel you are an imposter who does not deserve the good things in life and everyone will one day learn what an imposter you really are. So, it is better to sabotage the road than to continue to go down it and find out you are not good enough.

The doubts we have are often who we think we are. But we are wrong.

Enter the priest, the shaman, the guru or the teacher. There is someone who seems to have the answers to the secrets of meaning that we seek. Sometimes they wear robes and other times they wear suits. Paths full of community, belonging, and the ability to unlock what it is you want to know about yourself and the universe around you.

I know something of this world. In the early 90's I started my professional spiritual life as a minister. In that time I met some amazing men and women who were also ministers, but the horror stories stand out more.

I was friends with a priest. In confidence and over drinks he told me a secret. It was a matter that if others knew, he would lose his priesthood. A few years later, I stood across from him in a courtroom. Both of us were wearing clergy collars. I was there with a woman and he was there with her ex boyfriend. The ex boyfriend had tried to rape her and stalked her.

The priest with a secret stood with the oppressor. This oppressor now runs around bars in the area pretending to be british with various backstories. That is just one story.

I can tell you stories of progressive ministers who beat their wives and sexualized and shamed women in the name of a more gentle Christianity. I have wiped the tears from a woman in a hostel in Memphis and kept some safe from known predators in our progressive midst in a villa near Nashville a year later. That is just one religion.

I have heard the voice of a woman I care for tremble as she told me her stories in a school that promised metaphysical secrets. A predator would groom her and manipulate her into sexual abuse. In time she would no longer want to be that object. He would then shame her, they would be discovered, she would be blamed as the seductress. Finally, the leader of her chapter for that school would verbally dress her down in front of a room full of people as he told her that she would amount to nothing. She was forced out the door by the abusive leader and the predator still serves.

Your human potential can be found for a fee. Your emotional intelligence tapped into as long as the questions are not too deep and contradictory. Who they tell us we are is not who we are.

I have seen a lot of things in this life. My father left when I was young. My mother was an addict for much of my life. She married a man who was a drug dealer. I

saw things no child should see and experienced things that are beyond description. My adult life was not much better in some some respects.

With little sense of self I became personality tofu. Pretending to be whatever I thought others wanted me to be so I could be accepted. This is a lie we tell to others very often. The who we are not is something we pretend to be who we are so others will like us.

Who are we? We are who we wish to be.

Who do I wish to be? I am someone who wants to be seen. I want to love and be loved. I yearn to make a difference.

Who do I wish to be? I want to be a man who can earn a living that is not moving from one dead end job to another. I know I am more than the jobs I have taken since I left ministry. I do not want to be wealthy. I just want to have enough. Having enough in America gets more costly every day.

Who do I wish to be? I wish to be a hero to my son. I want him to look at me and be proud of me and know, even though I made mistakes, that I always kept trying to do and be better.

Who do I wish to be? I want to be someone that my fiancée' can trust and believe in. Not just because I want to be loved and seen as a swell guy. But because she deserves so much and has received so little. I can think of no one as generous, kind, lovely, intuitive, authentic, and wondrous as her. The level of cruel treatment she has had to endure in this life is frustrating.

When my way is off, she is the guiding star I use to calibrate my moral compass. She is my teacher, my best friend, my muse, and my passion.

The things I wish to be are who I am if I want to be it. The things you want to be are what you are if you want to be it. What I am saying is easy and it is also the hardest thing in the world to do. Over the next few months I would love to go down that road with you.

Everything I want to be I already am if I choose this moment to be it. I once asked a Buddhist monk what I had to do to be a Buddha. She told me that a Buddha is patient at a red light. The path to who I am and wish to be is forged in little steps now.

At my core I am a pirate. I've raised my jolly roger and I am dead to the rules of religion and spirituality. This aging pirate looks forward to sailing the seas together with you. May we all plunder the treasure of becoming.

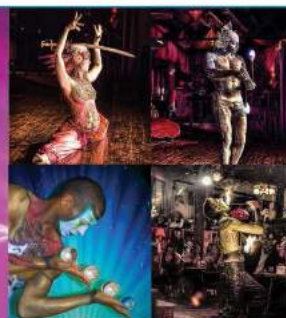
We are what we desire to be.

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



Cathy Burroughs

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AQmmunity calendar

SUNDAY CHURCH SERVICE

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

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

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

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

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

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

City of Light Illuminating our world with love! Service 11 AM Weekly Spiritual Enrichment Classes Wednesday 7 PM, Thurs. 10 AM Home of the Emerson Theological Institute 3125 Presidential Parkway, Atlanta, GA 30340 www.cityoflightatlanta.com, phone: 404-325-4243

One World Spiritual Center - Celebrating One World, One Heart. Sunday Service at 11:00 am held at the Open Mind Center, 1575 Old Alabama Road Suite 213 Roswell GA 30076. 678-214-6938, www.oneworldspiritualcenter.net.

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


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

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

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

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Ian Boccio is a dedicated practitioner of Mantra Yoga and is one of the chant leaders for the progressive mantra music ensemble Blue Spirit Wheel. He has been teaching workshops and intensives on Sanskrit mantra around the US since 2011. Ian's deep, sonorous voice, resonant with harmonic overtones, serves as a channel for spiritual energy shaped by the forms of Sanskrit syllables to create healing, happiness and knowledge of one's true life purpose.



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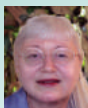


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With love and good humor, Erin and his team of High Beings of Light from the Ascended Masters and the Angelic Kingdom will identify your guides to help you work with them on your life path.

Damaris ♦ Intuitive • Channel • Tarot • Medical Intuitive

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



Susan Rushing ♦ Psychic/Medium • Graphologist • Energy Healing

Susan's work is done in pure unconditional love and nonjudgement. She offers holistic healing modalities, energy work, Reiki, Angels, Crystal Therapy and Quantum Healing.



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

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

Dr. Laura Tadd PhD ♦ Psychological Astrology

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



Michael Gabriel West, CN ♦ Astrology • Numerology

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

Candace Zellner ♦ Channel • Past Lives • Relationships

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Who Are We As We Leave 2017 And Enter 2018?

Cathy Burroughs

Life is always walking up to us and saying, "Come on in, the living's fine," and what do we do? Back off and take its picture.
– Russell Baker

2017 was a break out year for me. It was a year when all the pieces lined up and I took the big leap. All my life I have wanted to travel the world and I have in small bites, but this year I went for it in a big way and took the leap for three months of adventure throughout Europe. And amazingly the Universe backed me up totally and I came home not having spent one dime on a totally miraculous journey.

If you build it, they will come! – Recurring theme of the film "Field of Dreams"

Goals

Getting in touch with our desires can be so profound. We learn so much about ourselves and our capacity to attract and bring into practical reality that which we long for or feel to be a compelling part of our purpose. I love the story that Ursula James tells in her lunar handbook on how to work with the lunar cycles: **The Source**. In it she teaches us how to work with the lunar cycles. Not just the full moon and the new moon but also the cycles contained within each and every month. She schools us in the notion of making goals and objectives. She makes something like 367 of them and within a year working with the lunar cycles all of them including oh let's just say hypothetically being with her soul mate, producing and starring in her own TV show and making a particular amount of money – say over one million dollars - had all come to fruition. What did she learn from this? She learned that some of her dreams truly did not resonate with her and she released, for example, her own television show. It did not, after all, truly resonate and fulfill her as she thought it might. Yet she was completely empowered to have brought it into reality. That, in and of itself, was a profound lesson in manifestation, intention and the every refining process of understanding ourselves and our desires – sometimes through process of elimination.

Travel

I love to travel. I travel as much as I can. I also love to come home and sleep in my own bed and be in my own house too. One of things I adore about travel is how simply one can live out of a one pound suitcase, with three outfits. I also love that you can totally invent yourself from the ground up. That no one knows you and you are generally approaching a different culture, gingerly, gently and with the utmost of respect and openness. Hard to sustain this in our own familiar territory where everyone understands well at least speaks the same language. Also hard to know do – to start with a clean slate - when we have already asserted our identity to those around us and may need to continue to express, justify or prove that existing story line.

Family and Others

I came across a quote when I was 11 years old and loved to hang out by myself. "You can learn everything from solitude except character." During the holidays we spend a great deal of time – more than usual – with our family. It is a clear barometer of our progress - if we are shifting for the better our karmic family patterns, where there is growth and progress and where we are still pushing each other buttons or triggering unresolved areas of conflict or judgment. The mirror of human relationships is a masterful teacher at showing us our weak points, vulnerabilities and still unresolved issues – with family often being the most intense of these options. Human relationships, particularly with family, are a powerful looking glass full of insight into ourselves and our makeup more than any amount of self-reflection or solitary reverie ever will be.

Many Functions

At a psychic fair early on when I was just getting my intuitive sea legs (well, still am) someone came up to me and asked me to read her past lives. As I tuned into her energy field I began to see her face and energy shape shift and what I began to access was not past incarnations but instead turned out to be future lives and parallel lives. It was then that I realized we had so many

functions and we accessed congruently - so many realms and dimensions. I believe it was the spiritual teacher Robert Detzler of the Spiritual Response Therapy movement (SRT) who first introduced me to the notion that in addition to our human function we have many other functions: For example Angelic, as a Guide to another human, as a Fairy, as an Elemental, as a Nature Being, a God or Goddess of a Universe or a God or Goddess, a member of a Spiritual Tribunal, a Totem Animal, and on and on. Our human function as it turns out is very simply only a small fraction of our essence, our soul, our high self and our spirit as well as our function and our capacity. Accessing these functions consciously can stretch our awareness of our potential and the many layers of our destiny.

Human Function

Many people wonder what their purpose is on the earth as human beings. I believe we come here to heal unresolved trauma, to evolve, to overcome karma, to fulfill promises and contracts and to fully integrate our spiritual and energetic expression with our human function. Every year I teach Psychic Development and Healing. I believe this sacred time capsule where we come together to connect with our guides, our spiritual functions, our many dimensions of being as well as our often dormant gifts of multi-dimensional access and communication can be life-changing. These experiences can catapult us to another truer, empowered, tuned in and resonant state of being.





AVIVA VUVUZELA is a local artist, musician, geo-designer and builder, activist, and woman of passion. Finding her way to Atlanta from New York nearly two decades ago, she has made her mark as passionate advocate of art, music, environmentally sustainable housing and the promotion of hemp based production and economies.

Aviva is an accomplished musician, and her band The Flying Penguins are playng somewhere, sometime...and having a great time doing it. Their music is upbeat, energetic and all about raising the vibration of the room and the community and bringing people to a place of higher consciousness. Check out the website: www.avivaandtheflyingpenguins.com, and check out the incredible videos created by TFP on You Tube.

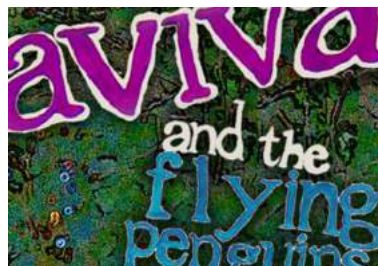
In addition to her music and playing with The Flying Penguins, Aviva is also a strong political activist, taking her music and advocacy to many venues around the state of Georgia and the nation. Just recently, she performed at the opening meeting of the Georgia Public Service Commission's panel on the status of Plant Vogtle and its impact on the environment. See the video of her unexpected and powerful performance here: https://www.youtube.com/watch?v=BSWHIB81JNA&feature=player_embedded.

And seriously, that is NOT all! She is also an outspoken and beloved advocate for the legalization of hemp production and can be found performing, speaking, teaching and working with other hemp activists in the state of Georgia and across the US. This is NOT advocacy for the legalization of marijuana, but the legalization of hemp as a medicine, fabric, food source, and many other uses.

Uh...yeh, that is NOT all! Aviva's passion for being a healing power in her world has led her to be one of the most sought-out earth builders (or "mud builders"). By using clay, straw, hemp fiber, and anything else she can get her hands on, she is creating dwelling places around the city. Called "cob houses", they are dwellings that are similar to what people have lived in for thousands of years and still live in in third world and fourth world communities. Her vision is to have these dwellings approved to be legal residences and to provide them to homeless people at a fraction of the cost for standard housing. Ideally, she would love to see them built in a community of earth homes, and used to combat PTSD in veterans, homelessness, and unemployment.

Aviva is one of the most heart-centered people I have ever met, and her passion to impact the world is undeniable. Just by spending an afternoon with her, and seeing the works of her hands in the earth homes she has built in the area, I felt stirred to get involved along side of her to be a force for community healing and transformation.

Dig in, and let her passion and love touch you.





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- Rev. Tony Crapolicchio

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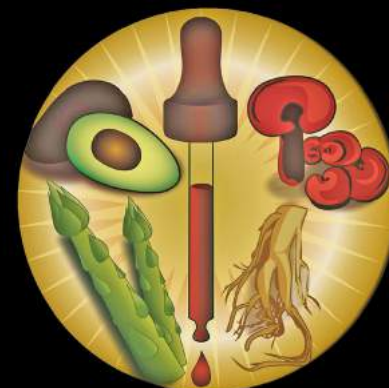


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