

Exploring Life In The New Age

AQUARIUS

MAY 2017

Taurus

April 20 - May 20

THE MYSTERY OF

ENERGY

Community Spotlight

Michael Burke

"Dancing With The Divine"

Book Release, May 28

Unity North

Janis Cohen

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Robinson

Intentionology

by United Intentions Foundation

Awakening The Goddess
by Crystal Starshine

To Your Health

by Brenda Cobb

Conscious Business by
Becky Arrington

MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY

AQ community spotlight



Michael Burke releases his first book of sacred poetry... "Dancing With the Divine"!

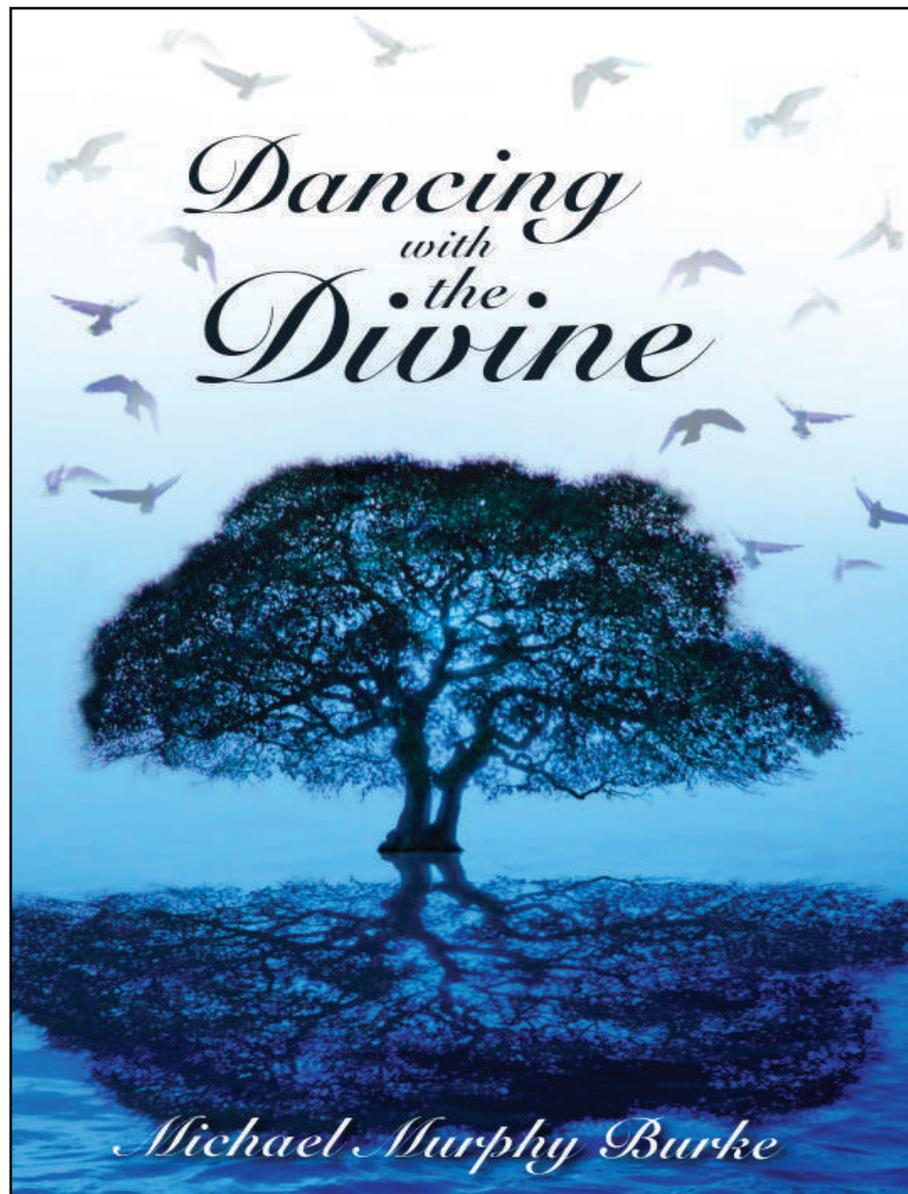
MICHAEL BURKE, well-known (and well-beloved) to the spiritual community as an amazing intuitive practitioner, sound "architect" and poet, has published his first book of sacred poetry - *Dancing With The Divine.*" The official release date is May 28, celebrated with a Book Release Party at Unity North in Marietta, GA.

If you have ever attended one of Michael's magical sound healing and soundscaping sessions, you know that he is an incredibly intuitive soul who is able to tap into the deepest of emotions as he creates soundscapes for participants to be immersed. Along with his sound architecture, he often recites his poetry (not always in English!)...poetry which is created with an intense passion for spiritual integrity, authenticity and love. Indeed, Michael is known as a Love Guru, as he proclaims unity of humanity and unconditional love. You can visit his Facebook at facebook.com/michael.burke.



Michael was born in New Orleans Louisiana.. September 30th 1959.. September 30th also happens to be the day that Rumi, the great Sufi mystical poet, was born. This is not a coincidence...as has been said, coincidence is

just God's way of staying anonymous! Michael grew up surrounded by music, art, passion, freedom of expression and the absolute power of living upon your own path. He's been a poet all his life, first being published in the school newspaper when he was a sophomore in high school. More recently he's been a steady contributor to Oracle magazine and has been published in Aquarius magazine as well as Conscious Life Journal. His first book of poetry, entitled, "Dancing with the Divine" , is to be released May 28, 2017. Michael is also a custom woodworker.. creating artistic visions in a variety of woods for private clients. Michael, as well, is a sacred sound/spoken word artist, creating with a variety of instruments along with his voice and doing sound journeys and meditations throughout the Atlanta area and Beyond.



Book Release Celebration!!
Michael Burke's "Dancing with the Divine"
Sunday, May 28, 2017
Unity North

AQUARIUS

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



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

THIS MONTH May 2017 Taurus

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

MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY



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Energy is everything. We often think about it the other way around, saying that everything is made of energy, but this makes it seem as if things have an intrinsic existence, that a matrix of energy forms around this thing based on some kind of pre-existing idea. Nothing could be further from the truth. In fact, the infinite energy field that defines our reality exists eternally, not constrained in any way by the limitations of time and space. There is nowhere that energy is not present, there was no time before the energy existed, there will not be a time in the future when the energy will not exist. This energy is our reality in the most absolute sense, and we and everything we experience are simply minute fluctuations in this limitless fabric of existence.

The energy of which our reality is composed has one main characteristic: it moves. The infinite energy field is constantly in motion, and it is those movements of the energy that give rise to all the multitude of phenomena in existence at all times. We often use the word "vibration" when talking about the fluctuations of energy, and we may also make use of the word "frequency" to differentiate between the many vibrational states that might encounter. This is not to say that the energy is actually vibrating at particular frequencies, in the way that we understand those terms in the physical world (like the action of sound waves for example), but these terms are a reasonable analog for the way the energy of reality functions. As different frequencies of vibration combine, they form complex patterns, which, from our finite point of view appear as phenomena, which range from the grossly material to the most subtle. So solid matter, liquids, and gases are all patterns of energy, as are electricity, magnetism, nuclear forces (the stuff we usually think of when we use the word energy). But that is only the beginning. Emotions are energy patterns, as are thoughts. Our beliefs are potent energy patterns, as is our imagination. Everything that we experience, through our physical senses, our memories, our fantasies, all of it is some permutation of the infinite energy, manifesting through vibrating patterns. All of it is real on some level.

The classic metaphor for this is the ocean. The ocean is always moving, sometimes violently, other times smoothly, but it is always in motion, just like the infinite energy field. Every once in a while, conditions on the surface of the ocean give rise to a certain fluctuation which we call a wave. While that wave exists on the surface of the ocean we can identify it as a separate phenomena. We can track its movements, examine the way it changes shape, even give it a name if we wish. Eventually, however, the wave will disappear back into the ocean and we will no longer perceive it as a separate entity. If we contemplate for a bit, we may realize that there was never a time when the wave was not the ocean. It was the ocean before the wave appeared, and it was the ocean after the wave disappeared. During the life of the wave, it seemed to have a separate existence, but this was actually a misunderstanding of the wave's true nature.

The consensual reality that we currently inhabit exists as the result of a larger energy pattern which we all share, which gives us a common way to interact with each other. The mechanisms are sight, sound, touch, taste, and smell, which we can augment through technology, but also patterns of thought and emotion that we share with other sentient beings. This is surely not the only way that reality can be structured, it just happens to be the way we are functioning right now. Perhaps in future lifetimes, or in previous ones, we operate in a very different paradigm, one which is incomprehensible to our current reality concept? The important thing is that we are here, now, having this experience, and we need to discover what our purpose is, what the purpose of this particular variation of energy patterning is.

The infinite energy field is consciousness, our purpose waits to be discovered.

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



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feature..

THE MYSTERY OF ENERGY

Don Martin,
Publisher

You have felt it, I'm sure...a cold feeling across your skin, the hairs on your arm and neck seem to stand up, a shiver begins in your bones. The old folks called it "a possum running over your grave."

They may have been closer to the truth than they ever realized.

The discovery over the past century that energy is the primary component of the universe, and of that which we call "reality", has opened up pathways of research, exploration and discovery that would have been unthinkable just 100 years ago. And not just unthinkable - 500 years ago, if people ventured to propose ideas and theories about the nature of reality that did not jive with the popular consensus, they were imprisoned and often executed.

Even now, in some parts of the world (and even in some parts of the USA) people are punished for proposing alternate viewpoints about the data that science has collected from our universe, and its interpretation.

However, for thousands of years...and now finding the support of scientific method and scientists around the world...the centrality of energy has been held and taught by mystics, metaphysicians, and even priests.

Here's the thing...energy is, for the most part, invisible. We cannot see radio waves, nor can we see the bioelectric energy that powers our body. We can "see" it using specialized instruments, and we can measure its intensity with the proper measuring tools...but we cannot see it with the naked eye.

We can feel it, and often we can see its impact on the material world. You cannot see electricity, but you can certainly feel it if you put your finger in an open socket. And you can see its impact on the world when it causes a light bulb to light up.

For most of us, even the simplest forms of energy are mysterious. We cannot see it, we do not understand how it works, and we are never prepared for its impact on the world around us.

But energy is there. It is the background noise of EVERYTHING...it powers the burning of stars, the spinning of galaxies, the expansion of the universe, the growth of flowers, the beating of our hearts, and the awareness of our conscious.

The expression, or manifestation, of energy is one of the great mysteries of the universe. Over the past two centuries or so, we have learned how to manipulate the material world in order for the power of energy to be harnessed...in some ways. Electricity, fusion, nuclear power...all are amazing discoveries; but the truth is, we have not yet penetrated the skin of the energy "onion"...our relative knowledge about energy is miniscule.

Take the spooky feeling I mentioned at the opening of this article...the tingling in the skin, the feeling of doom or panic that arises. How many times have you felt like someone was watching you, or was behind you...and you turned quickly only to find an empty room?

Here is where mystery comes in...something triggered the manifestation of energy in your body (or on your body). Most scientists just shrug and say "we don't get it...its just something that happens." But increasingly, there are scientists who are beginning to join their voices with the mystics and metaphysicians, saying there is more happening here than we can see...and it is worth investigating and exploring.

A good example of this kind of mystery is the growing idea that the energy of personal consciousness exists far beyond the physical limitations of the body...and that the energy of personal consciousness also exists beyond the cessation of the activities of the physical body, i.e., death.

What "new age" mystics, shaman and metaphysical practitioners have been calling the aura field that exists around a person's body is now being investigated by scientists (who used to call it poppycock) as the bioelectric energy signature of the brain reaching beyond the body! Some have even proposed that telepathic abil-

ity occurs when someone who is exceptionally sensitive to the bioelectric energy of consciousness feels and knows what others are thinking or feeling (down to specific facts and memories) because they have wandered into the field of energy that their consciousness has produced.

It is mystery. It cannot be explained or understood without a willingness to color outside the lines, to ask questions no-one else is asking, and to explore things others have rejected.

Could it be possible that mediums are actually engaging with a field of consciousness that is higher or other than their own?

Could it be that psychics can touch the energy fields of other people, or of other places and times, and receive information that way?

Could it be that Reiki practitioners are using the power of imagination to access and understand the energy patterns in other people, and then utilizing their own energy - again, via the power of imagination - to bring change and healing?

Could it be that astrologers have utilized ancient knowledge to understand how energy fields are scattered around the cosmos (and located by the relationship to stars in the cosmic sky), and have learned how to predict how those energy fields will impact people on the earth (and may have had an impact on their own personal energy fields at the time they were born)?

Of course, it seems...well, sometimes, ridiculous.

But may I remind you - so did flying, and so did electricity, and so did indoor plumbing, and so did space travel.

In fact, nearly every modern convenience we have (X-ray machines? Pretty commonplace, and yet inconceivable 75 years ago) was once just a crazy idea that people who had closed hearts and closed minds scoffed at and insisted could not/would not be done.

There are explorations of energy going on right now that would boggle your mind. But the most important and mind-blowing energy is the energy inside of you, shaping your consciousness, creating your dreams, and manifesting your dreams in the real world.

Don't let the mysterious nature of energy keep you away from its glorious magic!! Plunge into the world of energy - immerse yourself in its flow. You will be transformed!! Namaste!

Oh, and the "possum running over your grave"? Could be - scientists are discovering a strange component of time and energy. The study of Zero Point Energy reveals that energy is more about a PLACE than a time. In other words, at the zero point (the smallest point in a quantum vacuum - I don't know either) there is a constant expression of energy. So...wherever you are, regardless of whenever you are, you may experience the expression of energy. You may even experience the invasion of your personal energy field by another entity's energy field. So...in the distant future, when you are in the ground, turning into bugfood, a possum wonders over your grave...and today, unconstrained by time at the energetic level, you shiver.

It would not surprise me if it were true.

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



THE MYSTERY OF ENERGY

by Ilena Moss www.metaphysical-for-life.com

Reality is made up of infinite zero points radiating energy and information into the space-time of the mind. Physical reality is made up of an infinite field of energy and information. From the farthest star that we can see in space, to the tiniest “particles” that can only be seen by their effect upon visible matter, everything is made of the same stuff. It’s all energy and information, radiating from infinite zero points within all things.

The Universe is a hologram. That means that the entirety of the Universe, all that exists, also exists within each point, or zero point. But how is this possible? How can something that is, technically, infinitely small, contain all the energy and information that is needed to create stars, planets, life?

Zero is, simultaneously, both the smallest and the largest number. It is nothing, and it contains everything. It is both empty and full. What we call zero point is the connecting point. It is that unmeasurable point in space-time that connects all that is with all that could be. Some would say it is the gateway that connects the space-time of Mind with the infinite intelligence of God.

Although there are infinite zero points in space-time, there is one very special connecting point that affects consciousness and the human life experience. That point, or gateway, is in the human “Heart”.

The heart is the first organ to form in the human fetus. When that heart starts to beat it creates an electromagnetic field that surrounds the fetus. Within that field are signals, energy and information, that interact with and direct the development of all the other organs, cells, and tissues that will become the fully formed baby, child, and adult.

But that’s not all! The signals coming from the Heart also shape the child’s mind. Baby’s spend an enormous amount of time “dreaming” before they are even born. What are these dreams made of? Images and feelings coming from Source, preparing the child to correctly perceive and function in the physical world into which they will emerge.

Before the child emerges from the womb, he or she is fully connected to Source and perceives physical reality correctly. This is the state of “innocence” that is still observable moments after the baby is born. It is also the state of innocence we associate with Adam and Eve before they ate the apple from the tree of knowledge of good and evil.

The moment the baby is born, the experience of disconnection from Source begins.

If you could remember the day you were born, you would remember those first feelings of fear and imagined isolation.

The truth is, we remain connected to Source throughout our entire existence, no matter what seems to happen to us in the physical world. But our perception of that connection changes with physical life experience. As adults, we must learn to reconnect consciously and with full awareness of who we really are, and why we are here.

The Zero Point Energy Field

When the zero point field was first discovered by scientists in the twentieth century, there was a great deal of excitement about the potential for tapping into this infinite source of energy. Imagine the technology that could be developed! The things we could do, the places we could go!

There is justifiable reason for this excitement. However, the potential for advancements in technology and quality of life, although enormously wonderful in themselves, are paltry in comparison to the potential for the evolution of human consciousness, awareness, happiness, and well being.

We are all well aware that it is possible to be surrounded by the greatest of wealth and comforts, and experience terrible suffering and pain. That does not mean that physical wealth and comforts have no value. They do, but that value depends entirely upon our perception. And our perception of reality is dependent upon our connection with Source, through the gateway, the zero point, of the Human Heart.

Remember, everything we experience in physical reality is made up of energy and information being projected or radiated into the space-time of the mind through infinite zero

points. That energy and information comes from Source. The images, the thoughts, the feelings that give shape and substance to our physical life experience are the manifestations of the perfect blueprint, what we call “Heaven”.

But wait a minute! If this is the physical manifestation of Heaven on what we call “Earth”, then how is it possible to experience pain, suffering, evil, death...what we call “Hell” on Earth!

The truth is, we came here to experience Heaven on Earth. But when we got here, we saw this Illusion of Separation that we call physical life experience, and believed it was real. Darn. We made a BIG mistake!

We, God, wanted to know what it would be like to experience “others”. To have some company, if you will. There were no evil intentions, it’s just an experiment. Albeit one that has gone somewhat awry.

So what does this have to do with the zero point in your Human Heart?

That point is your true lifeline. It is possible to experience Heaven on Earth, but the process requires completion. The Illusion of Separation that we experience as physical reality MUST be sent back to Source, through the gateway of the Heart, for “correction” or completion.

This process is very similar to how our eyes work. Light passes through the lens of the eye and an upside down image is projected onto the back of the eye. This upside down, two dimensional image must be processed or completed by the brain, into a 3D right-side up holographic image in the mind.

But it is still not complete. The 3D holographic image created by the brain still consists of Illusion of Separation. We know this because we experience feelings of fear, anxiety, frustration, anger, hatred, despair, and so on.

To complete the process, we must send these ideas, images and feelings BACK TO SOURCE for correction and completion. And we do this by creating and maintaining a state of “heart coherence” (copyright Heartmath LLC), what some might call an “open heart”, and allowing Source to transform our fear based beliefs and perceptions with the original Love based Truth.

The zero point field is infinite, intelligent, and Loving. Tapping into this field goes far beyond the potential benefits of physical comfort and exploration. Transforming our world from Illusion of Separation to an experience of Heaven on Earth is the true “final frontier”.

Ilana Moss is the owner of Heartcompass Enterprises, creator of the Heartcompass LifeNavigation System, author of Metaphysics-for-Life.com, and administrator for the Mind With Heart Virtual Learning Center.



THE ENERGY OF MYSTERY

James Van Praagh is a noted psychic medium and energy worker. He recently visited the Atlanta area and shared his amazing gifts. Here is what he has to say about psychic mediumship (basically, speaking to dead people and energy/spirit beings) and the working of energy.

Recently I hosted an event on the east coast. Energetically speaking, everything lined up perfectly and Spirit really came through! I had one amazing reading after another and everyone in the room felt the powerful psychic energy.

When the demonstration was over, dozens of people rushed up to me, thrilled with their experience. They were surprised that they felt the presence of their own departed loved ones so strongly, even while I was doing a reading on someone else across the room. An elderly man who had recently lost his wife of over 40 years said he sensed that her spirit was actually “sitting on his lap.” One woman asked if this meant she could connect with Spirit by herself, even without a medium in the room. Others wondered if they had psychic or mediumistic gifts, and what the difference was between the two.

So many fascinating questions came up that I was inspired to share them with you.

Here's what people want to know about psychics and mediumship:

How do I know if I have psychic or mediumistic gifts?

Everyone is psychic to some degree. If you think about it, you can recall times when you knew who was calling before you picked up the phone, or when you were driving and had a sense of an upcoming hazard before you could see it, or when you had an uncanny sense that your child was sick or in trouble. We are all born with psychic ability – if we chose to pay attention to it.

Mediumistic skills take a little more work. Certain individuals are more prone to mediumship than others, and usually develop mediumship skills over a period of time. The first step to becoming a medium is to enhance your psychic skills.

How can I enhance my Psychic Ability (or sensitivity to energy)?

In Greek, the word Psychic means “of the soul”, and therein lies the secret to enhancing your intuition. When you tune into your “soul frequency” you will hear the wise little voice inside you. To access the voice of your soul, you must turn down the noise and static of everyday life – even if it's just for a few minutes a day. You can do this by meditating, journaling, or by taking a quiet, mindful walk. Practice this every day and you will find your connection to your own “inner knowing” and to the Spirit world growing stronger.

Can I use my psychic skills to connect with the Spirit People?

All mediums are psychic, but all psychics have not necessarily developed to the point where they can communicate with the Spirit world. Once you have developed your psychic skills, you are ready to work on connecting to Spirit.

What exactly is the difference between a Psychic and a Medium?

A medium is a psychic who has fine-tuned his or her extrasensory perception and can interface with the spirits in other dimensions. They are able to feel and/or hear thoughts, voices or mental impressions from the spirit world.

A medium reads the messages of the spirits in the afterlife. This means the reader will just transmit to the sitter the messages or signals from the spiritual world. In contrast, a psychic reads your aura and the presence that could influence your future. This means that a psychic directly interacts with the sitter and will not be



able to contact the spirits at all.

How do mediums receive messages from the Spirit world?

The Spirit people vibrate at a much higher frequency than the living. In order to bridge the gap and make a connection, a medium must raise his or her own vibration higher and, in turn, Spirit has to lower its vibration so the two can meet. The meeting in the middle is actually where the term “Medium” came from.

Is making that connection difficult?

It can be. The challenge for a medium is to sustain that higher vibration for long enough to get a detailed message or impression and pass it on to the earthly recipient.

On the other hand, it's easier for someone who has worked on their psychic ability to FEEL the closeness of their own loved one who has passed on. I often say that your loved ones never die, and they are always with you. When you open your mind to accept this, you can feel a loved one's presence, and pick up signs and messages from them.

Why are some messages from Spirit so vague? Why can't spirits communicate clearly?

There are different levels of consciousness and other dimensions of life that exist beyond the physical one. Think of the vastness of the universe – and it will make sense that spirits don't necessarily communicate as you would expect them to.

Spirit communication is like speaking a foreign language. Words might not have a common meaning but images and emotions are universal. I receive these psychic images from spirit as images or emotions, and it's my job to interpret these messages.

Why do mediums sometimes get the wrong message?

Because the Spirit people communicate in symbols, mediums can't always interpret symbols correctly. For example, a spirit might be touching her throat – which could have something to do with a necklace or the fact that she had lost her voice, or had a medical issue involving her throat.

Learn more about James at his website, www.vanpraagh.com.



FIVE WAYS TO TAP INTO YOUR ENERGY FIELD

RYAN ANGELO



Energy, in all of its forms – wealth, joy, youthfulness and divine inspiration – is abundant and endless.

But sometimes life sends us roadblocks and challenges that can make us feel isolated, disconnected, and even alone.

In these less than desirable times, our energy can seem limited or even depleted – but this is just an illusion.

We all have the ability to turn up or down our energy vibration based on the thoughts we choose, the emotions we feel, the actions we take, and our alignment with our soul.

But we need to learn to get this vibrational level right.

For example, assume for a moment there is an aspect of you – your higher self if you will – which is so profoundly powerful, that you vibrate at such a high heat that you could potentially melt the sun.

Or at the opposite end of the spectrum, when you radiate a lower energy field and your vibration is too “cold” your body can’t function at the desirable level.

Therefore, to effectively harness spiritual energy, your vibration must be raised consciously, diligently, and with understanding, discernment and wisdom.

Not only can you reverse a “low-energy” state when you work with and connect to your higher self, but you can also amass great benefits such as wealth, joy, youthfulness and inspiration in doing so.

And so I speak to your innate wisdom to remind you of what you already know. Just as you train your body by physical exercise, and you train your mind through reading, creating, and problem solving – your spiritual attributes also need to be “exercised” too.

Someone who’s never lifted a weight cannot pick up 250 pounds at first, but can with training.

Someone with no business experience cannot build a Fortune 500 company to start with, but can gain the experience needed to do so by diligently applying themselves.

Therefore, someone who seeks to tap into their spiritual energy, connect with their highest self and unravel the mysteries of their life’s purpose, may stumble at first, but given the time they will succeed. Including you.

To get you started, here are my top five steps for tapping into your powerful higher self’s energy:

1) Acceptance

See time as a friend. A true connection with your spiritual energy cannot be forced. Your highest self is wise and uses time to guide you. Embrace time as an old friend designed to protect you from doing too much too fast – or from straying too far off course before it’s too late. It is more a matter of receiving than chasing after.

2) Meditate – Daily!

Meditation helps to equip you with the innate ability to master a wider range of energy fields. It makes your mind and energy stronger and prevents you from getting sucked into other people’s negative energy – such as a draining and confrontational co-worker at work, for example.

When you take the time to quiet your mind and all of its negative stories – the only thing left is the truth. And from here, you can tap into stronger energy fields, such as those radiating from light and love.

3) Practice Yoga

When I had to rebuild my body from a broken place – I studied all dynamics of fitness including martial arts, Pilates and advanced performance training.

And after over 15 years of diligent practice, study, and perfecting training methodologies with hundreds of clients, I can truly say if I were forced to choose one discipline – it would be yoga.

Yoga helps to discipline your mind, and it trains your nervous system so it’s easier for you to process spiritual energy.

I strongly recommend that you practice yoga twice a week.

4) Laughing and Crying

Laughter and crying are two of the greatest gifts given to us.

Both enable us to heal, purify and release blocks that would have otherwise lowered our vibration. This in turn makes it much easier for us to tap into a higher level of spiritual energy.

5) Consciously Practice Self-Love

With every loving and nurturing thought you give yourself, the closer you are to the truth, as the endless stories, patterns and traps of your mind are never real.

But the funny thing about illusions is that they are made to feel, seem, and look real enough that they are never questioned. All of the negative self-talk is a lie – so stop feeding off it today.

Never doubt how truly awesome you are. You deserve love, and lots of it – from yourself. And as soon as you can give yourself more love, you’re much closer to tapping into the amazing energy that your higher self holds.

Therefore, as our energy is constantly in motion and changing, our connection to our higher energy field is always changing too. So to ensure we maintain a healthy relationship, we must choose our thoughts, emotions and reactions wisely.

Ryan is a speaker and intuitive performance trainer specializing in human body-mind-heart potential. His focus is to aid light-workers, women and influencers in remembering their Higher Self. He’s the author of Alpha Influence, an eclectic strategy course for releasing limits and fears, developing proactive confidence, improving relationships, and contributing one’s unique gifts in an influential and profitable way.



STILL By Phoenix Lea POINT

MEDITATION

Identity and the roles we play have been fascinating me lately. The same energy that it takes to be the calm-within-the-center of the storm equals the same energy to be the actual storm itself. This is law. The greater is known by the lesser, and friends they are in contrast, equally as powerful.

As we learned last month in AQ, Everything IS Energy. Our thoughts, our feelings and our actions are simply complex units of interchangeable energies. Does that make our relationships grid patterns of units of our stored and potential energy? Would this understanding help us navigate the emotional waters of our lives? Let us explore!

A unit of energy repressed or expressed is broken down into three parts: thought, action and reaction. This is a pattern of creation. What fascinates me is E-motion! This is your energy in motion before, during and after you decide to act. We often judge ourselves for our actions and their results usually based on an expectation. We are constantly comparing and competing within as without.

What if we understood that our identity is not established from our actions alone but from how we feel about our actions and behaviors. When you are a child and learn the word no, do you not eventually- not having the ability to stop yourself- get the feeling that you are bad because you are always being told no. Could it not be understood that as you grew up, others continued to tell you no and you told yourself a story around all those no's and that story was perhaps: I am not good enough or worthy or pretty enough or smart enough? How we feel about ourselves can often be an imprint of the genetic energy we are born with. This energy is simply unconscious. To wake it up is a spiritual path to knowledge and compassion.

Here is where community comes in and plays it's role! Starting with our parents and siblings and how we are treated within the family unit to the outside world of churches, schools and society. We are remembering that our world is a hologram. This means that everything and everyone is somehow connected to me, yet I am viewed as separate. I am my own creation, yet made up of everything and everyone. See where we are heading? My value, my worth is from day one perfect! I am whole and complete without trying, earning or deserving. I am in the center of my experience never changed and yet, experiencing myself as many forms and identities and roles. How I feel about myself is shown in my experiences and in the projections with others.

Most of us just fall into our roles, adapting to how others are treating us. Seeing life through spiritual eyes and then physical ones can help us establish ourselves first before we move out into our relationships. Ask yourself: what are the ingredients found within my emotional make up? What is my character saying about how I am delivering my roles with others? How am I showing up? These are great questions to ask yourself in the Still Point.

Our Still Point for May is to take some time each day to check your ingredients. If you are reacting in anger and frustration check your combustion system. See why fear is a underlying spice your spice rack. Replace it with understanding and patience for the self. The spice of appreciation! Anger is usually an internal self-protecting response trying to keep us safe but actually ends up pushing those we love away from us instead drawing them close. Be well and remember you are the stillness and the expression... the water and the fire.



YOGA: Under the Bodhi Tree By Awilda Rivera



Yoga is for every-body! Despite the images you may see on TV, Film & Social Media there is NO right or wrong body type for yoga. Humans love to compare, so naturally when we see skinny women in spandex leggings on TV doing handstands we think "There is no way I could do that" or "Only if I were tiny like her then I could do all the Yoga moves." I must confess those were some of my first thoughts when I first stepped on the mat.

The Question becomes: "Does Yoga have a body image issue?" Thankfully the answer is no. Yoga does not have a yoga body issue, however we in the west DO have a body image issue.

The great news is that in the last several years there have been a handful of Phenomenal women and men who have stood up to shine a light on this ugly little secret. The truth is that since Yoga has become a business, there has been a ton of money poured into marketing and creation of the Yoga image. This image like all other sales avatars alienates most people and focuses on conventional ideas of beauty & strength (i.e. heteronormative, skinny white women in fancy pants doing hands stands). The reality of Yoga could not be more different. The postures and poses of yoga are meant to be applicable to all body types depending on the need of the individual, hence all the various modifications available for a single pose.

One Fearless Woman leading the Yoga body image revolution is Jessamyn Stanley. Jessamyn is a voluptuous, queer, women of color who is smashing yoga body image stereo types left & right. She is unafraid to acknowledge that many of the challenges facing those who have bodies out side of the culturally approved norms come from the glares & judgment of others. These stares coupled with the internal dialogue of comparison can easily prevent a first timer from ever stepping foot in a studio. However, as long as you remember why you are coming to Yoga in the first place then all the other obstacles will fall away, as Jessamyn put it "The whole point of this practice is to burn away the parts of our lives that are built up over the years that don't matter, and to burn that away to who you truly are." Skinny or Big, White or Black, Straight or Queer – Yoga is for EVERY BODY.

Remember -- "Your body is not standing in your way[,] Only your mind is[.]"
Get out there, get on your mat, and start to burn away what no longer serves you so that you can rise from the ashes like Phoenix – renewed, rejuvenated, ready to take on the world.



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

horoscope

Taurus April 20 - May 20

Ariel Rose is an Atlanta area Astrologer and Intuitive. She also offers Tarot and Sound Therapy. Contact at 404-256-4477 or email at: arielroseastrology@hotmail.com



Taurus (April 20 - May 20)

Happy Birthday Taurus! It's your time to shine and although you will have opportunities to be social, you may prefer some relaxation. It's the perfect time to take a spa trip or spiritual retreat with a few close friends. The right balance of recuperative rest and time to communicate your true feelings by getting something off your mind will set you at ease. Your thoughts and ideas will flow perfectly after the 16th, as Mercury travels into your sign.



Gemini (May 21 - June 21)

An emotionally reflective month is in store and it's the right time to take a break from the hectic pace of life. As you release your feelings, give extra care to any anger or frustrations that may arise. If these emotions are rooted in a lack of communication, it's time to write down your thoughts and be lovingly truthful with yourself and others. You could be called on to protect or stand up for someone who is being bullied or hurt. Again - be truthful and strong while also being loving and kind.



Cancer (June 22 - July 22)

The social tone of the month can be a little aggressive and impulsive, so you may prefer to do your own thing with close friends. Spending time in the garden or any relaxing outdoor setting is extra healing now and will get you back in touch with your world consciousness. This is also a good time for re-checking any home improvements or work that need to be done. Especially take care of updating smoke detectors, plumbing or anything to do with water damage to avoid bigger troubles down the road.



Leo (July 23 - August 22)

The spotlight of career and public image favors you this month. You will likely butt heads with stubborn individuals at this time. However, you have extra charm and charisma on your side now that can assist you in melting the iciest heart! Remember not to take any criticism personally and use your more intellectual side to decide which comments deserve your attention. If the chance to travel with a close friend or loved one comes up, go ahead the hit the road!



Virgo (August 23 - September 22)

May is a powerful month for Virgo and you'll be called upon to use your wisdom and maturity to make decisions or solve problems. Any therapy or self-healing work you have done will become very useful as you get opportunities to exercise what you've learned. Anything that might feel like a set-back is actually a new step towards greater personal growth and freedom. You're stronger than you know and it's time to embrace that inner hero.



Libra (September 23 - October 22)

Emotional mysteries and revelations are on the horizon for you Libra. You may feel more secretive than usual as you navigate some of your deeper feelings and energetic patterns. In relationships you won't want to play around and will be extra decisive when it comes to getting what you want. Short trips and vacations are favored if you have a chance to get away. Work to balance your need for independence with your need for partnership.



Scorpio (October 23 - November 22)

Your close relationships and sharing yourself with another person are your focus for the month. You might have marriage or a business partnership on your mind and it's time to start working out the details of the best way to cooperate with each other. It will be easier for you to see two sides of an issue, so be patient and it should work out well. Avoid mental stress or physical danger and make sure to rest if you notice headaches coming on.



Sagittarius (November 23 - December 21)

May is an overall positive month that will bring you closer to what your personality needs to feel creative and happy. Don't let ego fears or defensiveness interfere with your true identity. This is a time for new joyful ideas and pursuits. Take time to care for your physical body with better sleep, healthier eating and any needed therapies or doctor visits. Arguments with loved ones can be confusing and fruitless - avoid conflict and opt for quick peaceful resolutions.



Capricorn (December 22 - January 19)

May brings a feeling of stability and you're in great harmony with the earthy nature of Taurus. However, you may find the social mood to be more impulsive and aggressive than you prefer. This can be the perfect time for you to stay closer to home and work on creative projects that you've been mulling over for awhile. Your health will benefit from varying your activities and not burning out on just one pursuit. Balance your diet, exercise routines and mental resources for the best outcome.



Aquarius (January 20 - February 18)

You are the irresistible force meeting the immovable object this month! You will be full of invigorating ideas and communication will be strong and direct. However, you'll certainly notice people around you being more stubborn and less easy to convince. The choice will be yours to use your skillful mind to bend others to your will, or to use that lightning wit on loftier goals. You have extra charm and intelligence on your side to make a big difference for the world.



Pisces (February 19 - March 20)

Your mind is thoughtful and grounded this month and you'll be focused on creating greater stability for yourself. If you can curb excess spending and work with a trusted financial advisor, you can make strong strides toward a better monetary routine. Discover new ways to enjoy life by getting back to basics and simple pleasures. You will be extra innovative now and may create some new invention that puts fresh life back in your heart!



Aries (March 21 - April 19)

A sparkling month of dynamic communication and bright ideas will have your mind all charged up! This could be the time when you are easily able to say exactly what you feel and have a witty comeback for any situation. I hope you will use your newfound 'gift of the gab' to tap into a larger social consciousness and reach out to people in leadership positions. Your gift for speech is connected to your gift for knowing what will heal the world in profound ways.

Welcome fellow Stargazers!

We begin the merry month of May with the Sun traveling through earthy, stable Taurus. The Bull is the first Earth sign to appear in the Zodiac cycle and rules our resources, basic value system and sensory perceptions. Taureans possess the most heightened senses of all the signs and love anything that feels, tastes or smells good! Not surprisingly, they can be prone to overindulge and are here to learn about balancing their earthly desires and using good judgement with their resources. Ruled by Venus, Taurus energy is full of romance, creativity and sharing beauty. Taurus also rules the throat and neck, giving many of them distinctive singing or speaking voices. Their Fixed modality grants them their famous stubborn streak and they will not budge once they have made up their mind or heart about an issue. During this time of year, we focus on the elements of the bull - planting ideas in fertile soil, planning how to use or save our money, being resourceful by repairing items and understanding what is essential for our contentment.

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

The first week of May begins to get our communications and thoughts back on track as Mercury comes out of retrograde motion on Wednesday 3rd at 12:33pm EST. The intensity of the Full Moon in Scorpio greets us the following week on Wednesday 10th at 5:42pm EST. This promises to be an emotionally loaded day that brings our deeper passions and secret information to the surface. If you feel overwhelmed, take time to yourself to meditate and balance those strong feelings. The Sun shifts to the sign of Gemini on Saturday 20th to start a lively and active weekend. Our New Moon cycle starts on Thursday 25th, also in Gemini - so get those notebooks out to record your fresh ideas!

Have a beautiful month and embrace the simple pleasures of life!



Queen Elizabeth II, 4/21



Michael Moore, 4/23



Tina Fey, 5/18



Joey Ramone, 5/19





2 OF CUPS: May is a beautiful month when many flowers are in bloom and spring is in full swing. The uplifting that you feel this month can carry over into your special relationships. This can include not only romantic partnerships but also business associates. Feelings of support, commitment, camaraderie, and fulfillment can all be expressed with confidence. Revel in all that is good for those you feel close to, and enjoy at this time the special bond that you have with them.

4 OF COINS: Because there may be uncertainty tied to the economic status as well as the overall situation of the country and the world, it will be important for you to manage your finances and other resources wisely. Do not be carried away with buying things that you don't really need; instead, commit to saving what you can and being frugal when warranted. It is also a time for not being overly generous with the amount of information you disclose to others, especially that which is of a personal nature. There is no need to confide in even close friends about every single detail of your life, so use discernment when talking and sharing with others.

ACE OF WANDS: The energy of this month can spur you on to opening a new chapter in your life, whether it is a new project, a new job, a different hobby, or just some kind of change that you have been wanting to make. Feel the fire of motivation within you as you push forward into unknown realms that before may have been too scary. The Ace of Wands energy will help you move past previous barriers that held you back. Now is the time to step out of your comfort zone and light your fire of new beginnings. Anything is possible, so stop procrastinating about something you have been thinking and dreaming of doing. This is the month to get started!

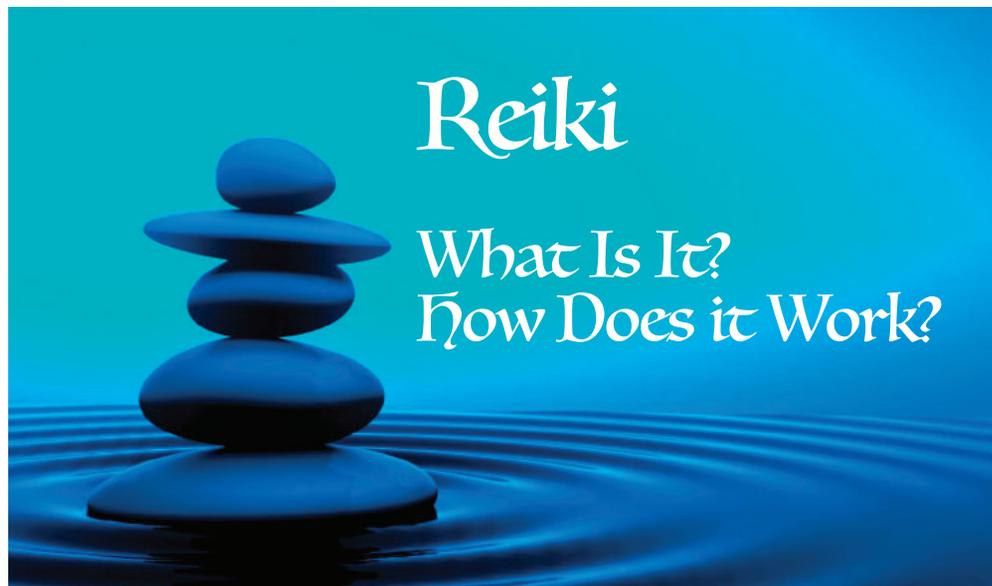
7 OF WANDS: Closely tied to the Ace of Wands is this card, which carries the energy of taking a risk and stepping forth with power, courage, and confidence. It is true that it is not always good to go headlong into a new situation without thinking things through, so use your intuition to decide if the time is right for you to take a chance. If not, then that is ok. Continue to plan, perhaps laying the foundation for what is to follow. You will know when the time is right to step out, so use this time well to plan what you will do when you feel prepared.

TRENDS FOR THE MONTH: There are some unique energies circulating this month, so trust in yourself and your own inner guidance. A positive note has to do with close relationships. You will find more joy and contentment when dealing with romantic and/or business partners. Perhaps you will experience a new level of closeness or a new desire to do whatever it takes to feel more comfortable. Because of economic uncertainty, be careful with your money and other resources. Be cautious, conserve what can be saved for a later date, and remember that discernment when divulging information to others is important. The Wands energy will help you start on something new, especially in an area where you have been wanting to do something different but were holding back. Just be sure that you have figured out the best way to proceed, looking at the big picture to ensure you are ready to launch into a new area. Change can be difficult and involve risks, but you will know when you are ready.



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

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



Reiki is perhaps the most recognized form of energy healing in the world. And yet, though millions of people world-wide benefit from reiki, very few truly understand what Reiki is, or how it works.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means “God’s Wisdom or the Higher Power” and Ki which is “life force energy”. So Reiki is actually “spiritually guided life force energy.”

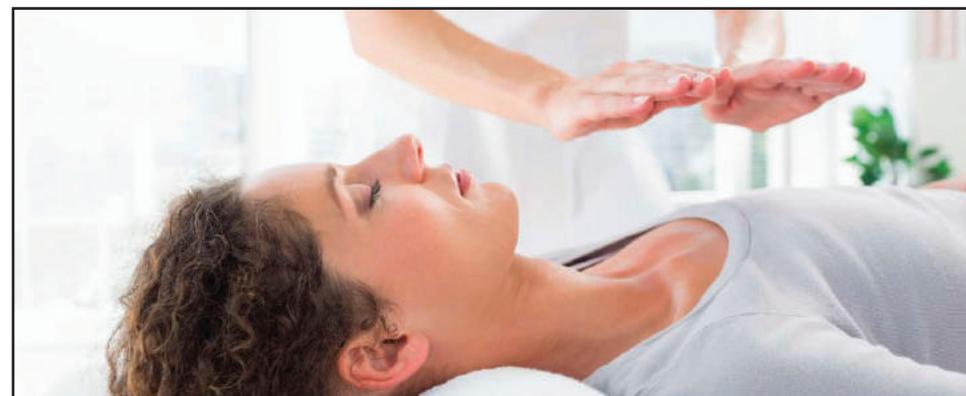
A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

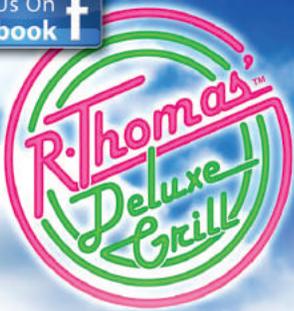
An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an “attunement” given by a Reiki master and allows the student to tap into an unlimited supply of “life force energy” to improve one’s health and enhance the quality of life.

Its use is not dependent on one’s intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. While Reiki is not a religion, it is still important to live and act in a way that promotes harmony with others. Mikao Usui, the founder of the Reiki system of natural healing, recommended that one practice certain simple ethical ideals to promote peace and harmony, which are nearly universal across all cultures.



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Cleanse Smoothie

Cleanse Smoothie

1 cup kale
 1 cup celery
 1 cup cucumber
 1 cups broccoli sprouts
 1 cup apple
 1/2 cup fresh cilantro
 1 Tbs. fresh lemon juice
 3 to 4 cups alkaline water

Blend all these ingredients in the Vita-Mix and drink throughout the day.



Cleanse Heavy Metals Out!

Today we have complicated issues to face because never in the history of mankind has any generation before this had to deal with the incredible toxic overload we are exposed to on a daily basis. Heavy metal toxicity from arsenic, mercury, aluminum, lead, cadmium and many others are unquestionably a major contributor to many chronic diseases. Heavy metal toxicity is the basis for free radical damage to the brain causing oxidation and destroying healthy cells.

Heavy metals come from a variety of sources including vaccines, water and even cookware. Diseases like Parkinson's, lupus, multiple sclerosis, and Alzheimer's have been directly related to heavy metal toxicity. Silver fillings in teeth are full of mercury, a heavy metal that can cause problems with the heart, liver and kidneys. Even autism is believed to have a connection to mercury. Still, with all of this awareness, mercury continues to be used in dentistry today. Now is the time for all of us to become proactive in our own health and wellness and take a look at many of the causes of today's health problems. This definitely includes heavy metal toxicity.

A newborn can have as many as 78 traces of pesticides, industrial by-products, and mercury in the blood of its umbilical cord. So it stands to reason that after many years of living on the planet, having teeth filled with amalgam silver fillings, which contain 52% mercury, breathing exhaust fumes and inhaling tire particles from millions of cars, people are more toxic than ever. Tons of processed, dead food and polluting agents are suffocating the body and preventing it from reaching optimal health. In many cases these toxins are causing very serious and sometimes even deadly diseases.

There may be little you can do about our toxic world as a whole, but there is plenty you can do to regularly and effectively detoxify your own body so it can function better. First you need to know what is going on inside your body and if any of your organs or glands have been affected by heavy metals, chemicals and other toxins. There are dozens of different tests you can take to find out all of this information but all those individual tests can get very expensive because until now there wasn't just one all inclusive test to give you these results. Now there is.

One of the best and least expensive ways to test yourself is with the Health Scope Scan. This one simple, non-invasive test will show everything including heavy metals, chemicals, fungus, mold, yeast, virus, bacteria and parasites as well as the physiology or all of your organs and glands, food allergies and sensitivities, inflammation, vitamin, mineral, amino acid, antioxidant, hormone and enzyme levels.

Once you have this information you can become proactive with the right foods to eat, and the superfoods, essential oils and herbs that can help you. Broken cell wall chlorella and liquid cilantro extract work as powerful cleansers when used together to help remove certain heavy metals including mercury from the blood, tissues and cells. Eating fresh cilantro can help somewhat, but you would have to eat about eighteen bunches of cilantro to get the detoxifying effects of just one dropper full of organic liquid cilantro.

Drinking filtered alkaline water is critical to good health and cleansing the body. Water that has been infused with oxygen and hydrogen is even better as the cells need oxygen for every function. Our planet's supply of oxygen has been greatly diminished from cutting down the rainforest and millions of oxygen producing trees.

Freshly made smoothies with vegetables, herbs and alkaline water is an easy and extremely beneficial thing you can do everyday to help your body detoxify, cleanse, rebuild and heal. Try this cleansing mixture of just the right vegetables and fruits high in minerals, so you are cleansing, nourishing and rebuilding your body as it achieves optimum health.



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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Messages From the Universe

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



For reasons not always known, we experience events that reinforce something that we just thought about or just did.

Perhaps someone popped into your mind and that person soon calls you or you had a desire to learn something new for your business and your Facebook feed shows an ad for the topic that you were just thinking about.

Maybe, you decided to financially invest in yourself, and in the expansion of your business, and your phone begins to ring off the hook with new ideal clients.

While you might consider these “events” ironic or coincidental, they are not. What is really happening is that the Universe is sending you messages; messages that let you know that you have been heard, acknowledged and partnered with.

These messages are called synchronicities.

Synchronistic events serve as warnings, confirmations, guidance, affirmations, inspirations and reminders that what is going on inside you is reflected in what is going on around you.

Synchronicities are “wake-up calls”, alerting you to pay close attention to your thoughts, as they manifest quickly. They also serve to guide you to take some action on behalf of them.

Synchronicities can occur in single events or in a cluster/pattern of events. For example, let’s say that you are considering moving to Colorado. While in traffic one day, you change the radio station only to hear John Denver on the radio singing Rocky Mountain High, Colorado. Later that week, you are in conversation with someone who mentions their recent visit to Colorado. A third event occurs where you are watching TV, and an advertisement for a Colorado getaway appears. It is clear, from this sequence of events that the Universe is responding to your energetic thought inquiry about Colorado as being a place that you need to explore.



Because everything has its own specific vibrational frequency, synchronicities confirm that the energy of our vibrations resonates beyond us and connects us to the larger forces of the Universe. The result is that we experience physical events that mirror our vibrational thought patterns.

We have typical responses to these atypical synchronistic events. Like, “I can’t believe that just happened!” or “How weird is that?”

We experience a quick surge of excitement and amazement, as if something magical has just occurred.

We try to explain them away but we simply can’t; they aren’t meant to be explained.

Synchronicities exist so that we will pause, reflect and relate to the clues that our Universe offers us; confirming who we are, acknowledging our spiritual path and pointing to the ever-existing Universal connection that we have with everything and everyone. Synchronicity and intuition have both a symbiotic and complimentary relationship to each other. Deepak Chopra, author and prominent figure in the new age movement, says that synchronicity is “choreographed by a great, pervasive intelligence that lies at the heart of nature, and is manifest in each of us through intuitive knowledge.”

Although most people don’t dwell in the awesomeness of a synchronistic event, even the most hardened skeptics can’t deny that they feel something when they experience it first-hand.

Our sense of reality is knocked of balance for a moment, compelling us to ask ourselves, “Is there a deeper meaning to what just happened?” And, “Is there a secret language that is being spoken to us that we must learn how to understand?”

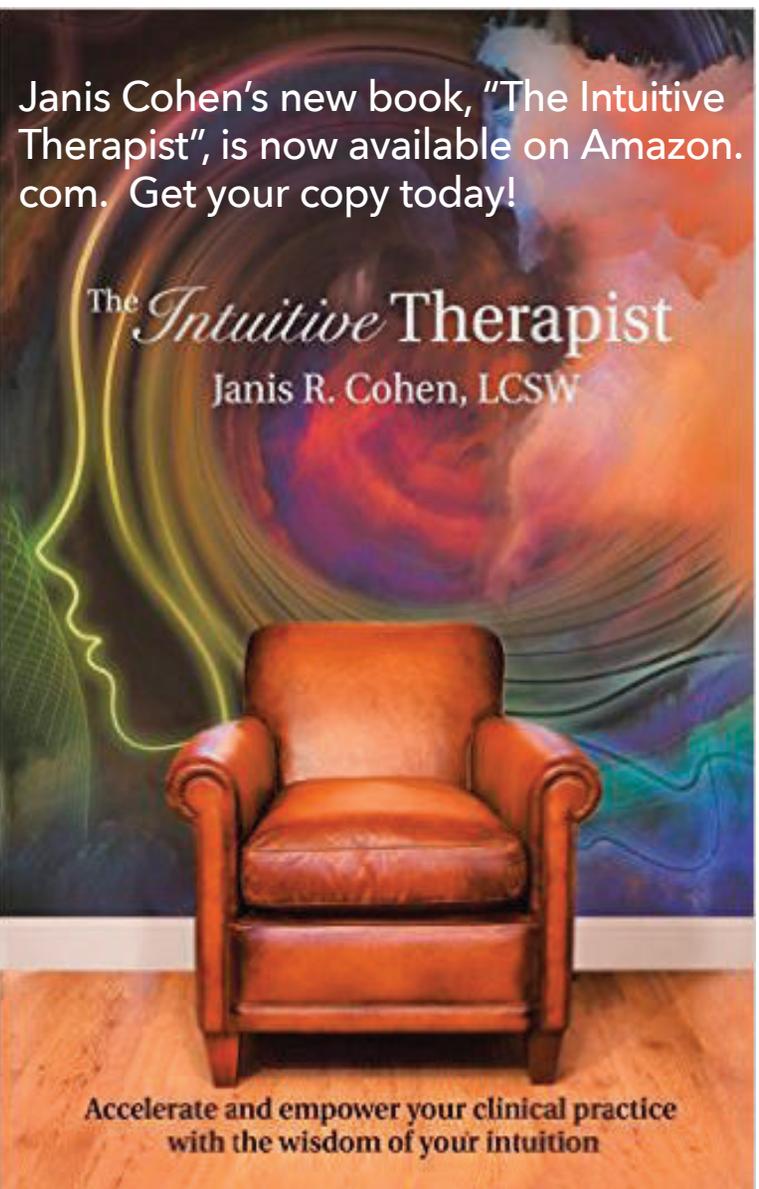
Synchronicities, like intuition, can be subtle and not so subtle. When you experience synchronistic events, the Universe is leaving you little clues that you are not alone in your endeavors.

There are no logical or rational explanations for synchronicities, even though we try to come up with them. When these astonishing events occur, they can spark a deeper sense of awareness of ourselves and of our connection to what is happening in the world outside of us.

Some of the most profound and meaningful understandings of how we are connected to everything around us come to us through these meaningful coincidences.

It is now up to you to awaken and answer their call.

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



Is the Essence of Life Compassion?

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”
Dalai Lama XIV

Many definitions on the meaning of compassion abound. In a nutshell, compassion entails feeling empathy and having the selfless, altruistic desire to help those in need. Berkeley's Greater good defines compassion as the feeling that arises when you are confronted with another suffering and feeling the urge to release the other's burden or suffering. It is that same heart-felt and sometimes impotent-yearning one feels when caring for a sick child.

-Compassion is derived from selfless acts of kindness and behaviors which are geared towards benefiting mankind. -

In the past some famous philosophers had regarded compassion as a vice; while there were others that considered compassion a sign of weakness. Needless to say, such claims were hollowed and lacked any validity or scientific research.

In contrast, we have extensive evidence as to the enormous benefits that are derived from experiencing and practicing compassion. For instance, breakthrough research into the relationship between happiness and compassion suggest that there is a strong bond between compassion and happiness. Think of this “When we feel compassion, our heart rate slows down, we feel the bonding hormone (oxytocin), and regions of the brain that link to empathy, care-giving and feelings of pleasure light up, which often results in wanting to approach and care for other people.” (Berkeley, N.D.).

Some studies point out that since compassionate people's minds “wonders less about what has gone wrong in their lives or might go wrong in the future, they are happier.” (Berkeley, N.D.). But, what is more impressive about these studies is that they go as far as to suggest that there is an inverse relationship between compassion and economic status. They have claimed that the higher a person is in the economic ladder the lower their level of compassion. So, does that mean rich people are less sensitive or less compassionate than those of lower economic status? Not necessarily.

What the studies show is that since suffering and misfortune can make a person more tuned to other people's sufferings, their level of compassion towards others can be greater than in those with a more privileged lifestyle. It is not that rich people are more selfish than poor people; it is that being exposed to a life of danger and necessity can help you more readily identify, and thus, empathize with other people's pain and suffering. Then it follows that since compassion is linked to a happier life, wealthy people in the US are not as happy as one would think.

Is compassion an innate component of humankind? It is no mystery that some people are more compassionate than others. Yet, many people seem to display no compassion at all for their fellow man. Their actions seem to be driven by selfish motives and blind concern for their own well-being. Nonetheless, compassion is deemed to be an innate feature of mankind, one without which our survival would have been nil.

However, one can become more compassionate by going through tried and true targeted exercises and practice. Many researchers claim that one can become more compassionate through repeated altruistic acts. One does not need to empty a bank account or fly halfway around the world to practice acts of kindness. Practicing compassion is as simple as sincerely understanding your friend's woes, donating to your local charity and volunteering for a good cause.

Doris Yildirim who is a UIF Intern and blog writer.



Awakening The Goddess



By Crystal Starshine

Our society is waking up in numbers, our consciousness has been tapped into and we as a human race are opening up the doors to a new tomorrow. I still remember the day when I was sitting by the ocean in Lincoln City, Oregon when I had my first moment of clear clarity; that there was much more to life than I had been programmed to believe. Yes, I did say programmed! I looked out to the Ocean and saw what I had always seen as a child, a spirit walking the beach. He was wearing rubber boots and a yellow rain jacket. I had seen spirits and the unexplainable since I was a child but my mom dismissed it constantly, causing me to think I was not normal. Sitting on that beach in Oregon was a time in my young adulthood that I really began questioning everything.

Once my proverbial light switch had been turned on I began to see things with a whole new consciousness. You could say I was wearing rose-colored glasses and could see the happier side of life, learning that there was more than meets the eye. I began my exploration of life rather than living life as a robot programmed by others ideas of normalcy. The new energy of life had risen out of me like an electrical charge connecting me with what was above and what was below. I was finally connected to creation, to life and to self, realizing that everything around me was alive buzzing with energy.

Since that moment I have leaned on my own intuition, my internal guidance system to systematically categorize what I believe is true and what others believe is true. I don't think any of us have the exact answer and I find others views fascinating and could sit and talk about it for hours. I feel our waking consciousness is helping us to find our truth.

The latest Schuman's resonance reports are saying we have reached a high level of electromagnetic frequency, with natural readings being in the range of 7.8HZ, we have been reaching numbers in the upper 30's. So what does this all mean? Do we jump on board with the latest data and hype or do we question everything? I myself love energy talk and when scientific energy is being talked about I dive right in. I have noticed some major shifts in energy fields over the last several years and especially this year in

others and in

me, so digging into the science behind it is fun to me. I have found that brain wave entrainment uses the 7.8 HZ because it reached our alpha and higher theta brain waves and can be used for deep relaxation, meditation, and visualization. This frequency was also called OHM by the Rishi's and was thought of as pure sound.

We as human beings are in resonance with Mother Earth so if these numbers are spiking is our consciousness truly rising? The higher numbers could be due to the state of our country and world for that matter, with the high amounts of stress from bombing Syria, threats from North Korea and WWII talk. Neuroscience states that the higher numbers are associated with stressful conditions. The Schuman's Resonance numbers after the attacks of September 2011 where high also. From the science perspective they say the higher the frequency, the more highly diversified the information those frequencies carry.

Naturally our waking Beta frequency is around 14-40 Hz anything above that is Gamma waves and is when we get into our heightened perception. If our frequencies keep raising it will create increases in consciousness, when our consciousness increases, we have greater awareness, awakening a super consciousness. Everything we are experiencing is like a shamanic awakening, a metamorphosis, and we too are transitioning, expanding and changing perception and awareness of our reality. I believe we are going through an initiation, a rite of passage, lifting the veil into a quickening in energy, so that we will see our own true nature. We are moving towards greater degrees of wholeness, both within and without.



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



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ARE YOU SABOTAGING YOUR SUCCESS?

Be careful what you wish for, you just might get it! The Law of Attraction is fairly straightforward; you think a thought and the energy produced in that thought draws the experience to you. What you focus on, expands.

Recently I have been reading various articles splitting hairs regarding the difference between thoughts, beliefs and emotions and how those influence the Law of Attraction. Frankly it is dizzying to try to discern between the three yet I know that regardless of where the original thought, belief or emotion comes from, once formed it becomes a tangible energy ready to come to life.

Take for example the thought that you're not worthy. This can stem from an experience in your childhood when you did not feel good enough. The experience causes the belief of one's unworthiness, which gives way to emotions of being less than, unattractive, having poor self-esteem and a host of other feelings. Once the emotion and the belief are set, the experiences keep repeating in different ways. So whether it was the thought, the experience, the belief or the emotions you feel from it, bottom line, it sits in your attractor field waiting to become manifest.

Imagine the attractor field as a giant bubble that follows you around. A recent Black Mirror episode on Netflix called "Nosedive" starring Bryce Dallas Howard depicted a similar concept that showed one's popularity above your head with a numerical total. Instantly you could detect how popular the other person was with a social rating, causing people to curry favorable attitudes through good deeds and actions, since others' judgments instantly ranked your score. Conversely seeing someone with a lower rating caused people to give them a wide berth.

This fictionalized concept is not too far from the mark. For years we have noticed certain people who seem to have a black rain cloud that follows them, or others who have a proverbial "kick me" sign on their back. Those who are down on their luck are usually not ready to hear that their thoughts and feelings are the cause of their woes, and that there could be a way to shift the energy.

The attractor field holds all the beliefs you have about yourself. If you are disgruntled that your boss has been overlooking you for a promotion or feel you have been treated unfairly at work, these experiences can lead to emotions such as inferiority or frustration from not being recognized. In the average human, those experiences dredge up examples from the past where we felt similar feelings, further feeding the attractor field with fodder of unresolved issues. The active mind then will flip between issues from the past and the examples of the present, whipping the field into a huge mass of unworthiness that simply draws more experiences that match the energy. It may move beyond your boss who is overlooking you and on to others in the

coffee room who stop talking when you enter, or a customer who doesn't return your call.

Success saboteurs often have roots in childhood or the past from issues that were never resolved. Doing regressive therapy such as hypnotherapy or other modalities that work with the subconscious is a way to pinpoint the root cause and then create new experiences. In the above case dealing with feelings of inferiority or unworthiness, one would begin by going back to visit the original experience.

When you visit the root source (often from childhood), your current adult state of mind can logically understand the issue and work with the younger self to recreate a different ending than originally happened. By creating a new timeline and ending to the event, a synapse in the brain is actually shifted. When that happens, you are no longer triggered in future events. In this case, had the person done some regressive therapy, the overlooking from the boss would be colored in a different way. The employee would have a stronger self-image which would be evidenced in his attractor field and would come out as being more confident, self-aware and then realize that the boss ignoring him had nothing to do with him. He may have recognized that the boss was preoccupied with her own issues and be able to be a more compassionate employee and not take every exchange so personally.

Understanding your thoughts and taking responsibility for them is key in being successful. Whenever issues arise, the first place to look is within. If you can be clear in your own energy, your attractor field will reflect that and the positive experiences will follow.



Becky Arrington is a Success Strategist and Clinical Hypnotherapist. Her highly developed intuitive and visionary insight as a psychic channel enables her to help people look deeper to see the blockages at work within their business or personal lives. As a Clinical Hypnotherapist, the alchemical techniques she uses, allows clients to clear massive amounts of blocks either from childhood, prior experiences or past lives in a very short period of time and the results are sustainable. www.arringtonassoc.com

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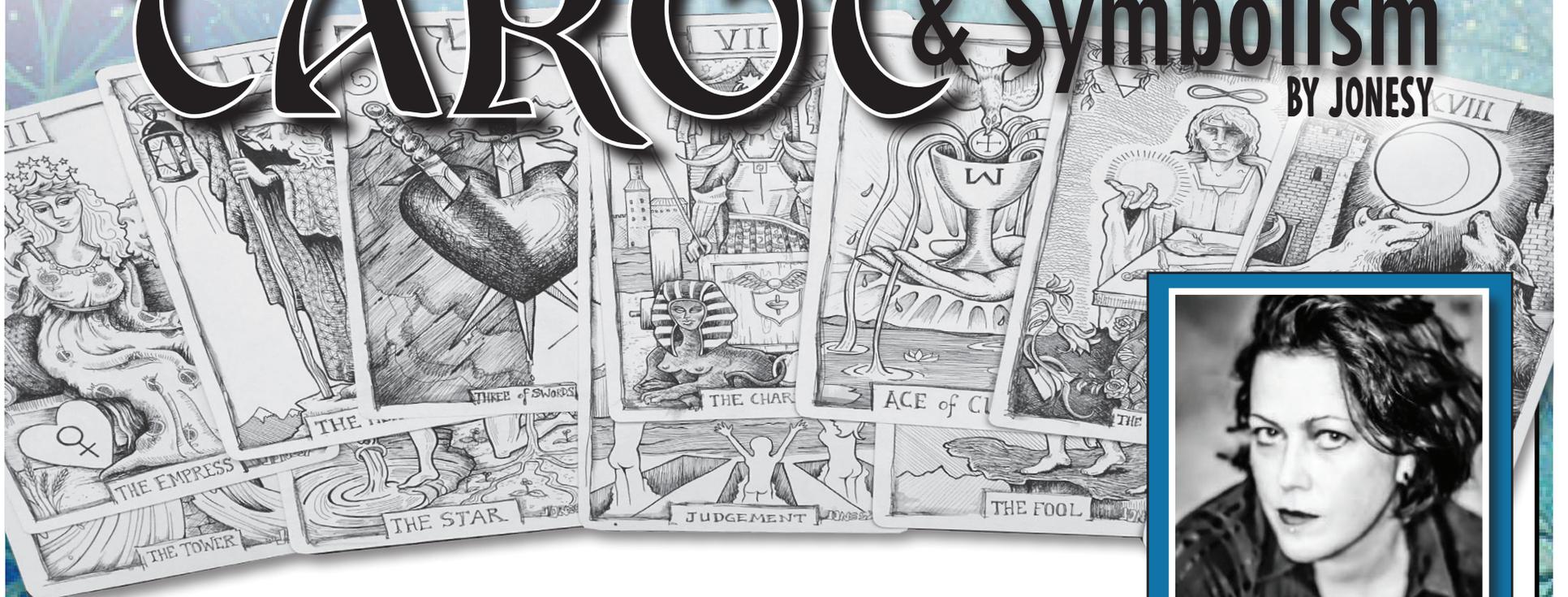


SAFE



TAROT & Symbolism

BY JONESY



Tarot from the tactile learning perspective

Create Your Own Deck!

The best way I have found to learn the symbolism in Tarot is by creating my own deck. Of course you do not have to be an illustrator to create your own, but you must be dedicated and be willing to do research. I am currently in the process of researching and hand illustrating 78 cards (22 Major Arcana cards, 56 Minor Arcana which consists of 14 Wands, 14 Cups, 14 Pentacles, and 14 Swords).

I believe the unique feature of this deck is the community involvement I am requesting so that I can both learn and share about Tarot at the same time. This is a project is about awareness, learning and collaboration. The intention behind my "Draw-A-Card" Tarot deck is to collaborate with a wide variety of different energy to co-create this deck. I have been organically asking those close to me and anyone following my work to be a part of this process, by choosing a card that resonates with them and then I draw it in my style. Cards are being drawn in no particular order, just on a first come first serve basis. I believe this helps infuse this deck with an amazing variety of energy and intention. Those making a card selections will go into the deck as co-creators and they will be included in the booklet once the deck is complete. If you are interested in making a selection and would like to participate, go to my instagram page www.instagram.com/jonesyartatl and look for the purple square animation that says Tarot by Jonesy. You can place a request in the comment section. You can also follow me to see what cards have been selected, who made the selection and completed illustrated cards as I go.

This is a journey into the exploration of Tarot and Symbolism. Stay tuned for more each month and for upcoming events. You can also check out my free download-able adult coloring pages from this deck on my website- www.jonesyart.org. -JONESY

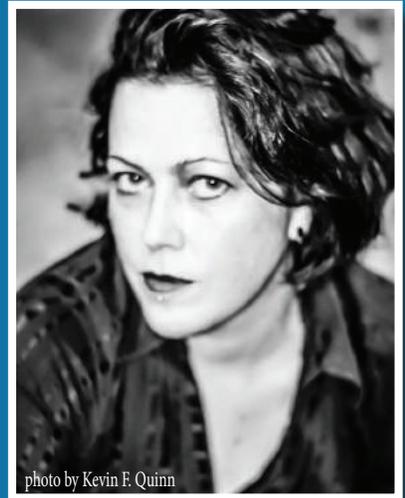
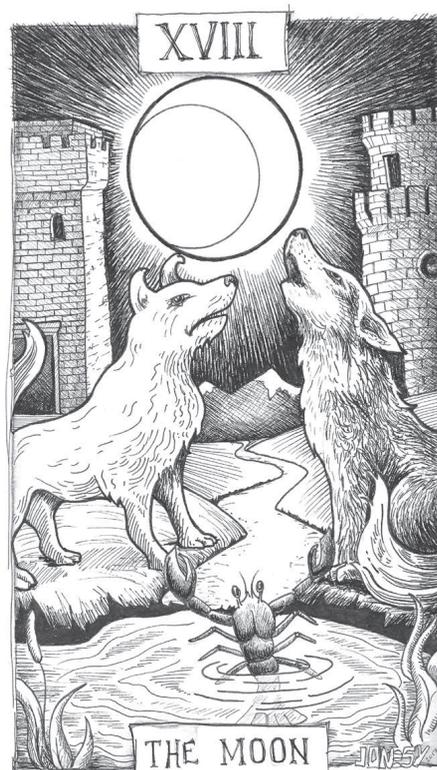


photo by Kevin F. Quinn

KRISTA M. JONES

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

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

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

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

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

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

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One World Spiritual Center - Celebrating One World, One Heart. Sunday Service at 11:00 am 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

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

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TUESDAY

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INNER QUEST /GAINESVILLE - 7:30pm Take a step closer to your Divinity. Each evening begins with a healing circle. Love Offering. 770-534-0993 Meeting Place: 4231 Red Fox Trail, Oakwood, GA 30566

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

WEDNESDAY

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

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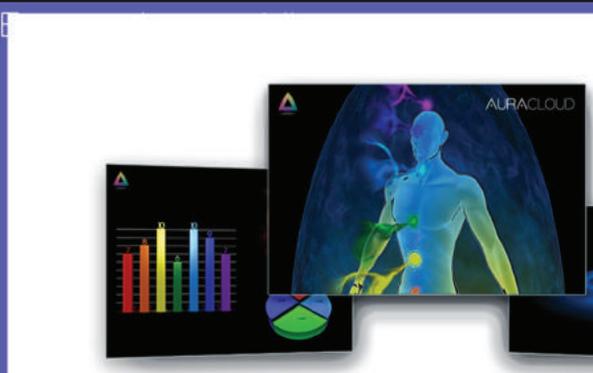
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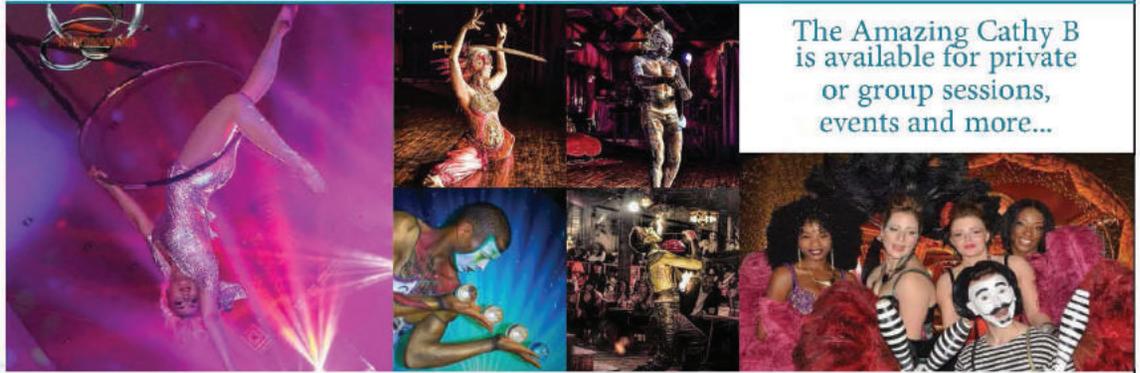
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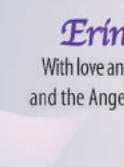
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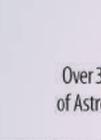
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