

AQUARIUS

The Age of Aquarius is Here!

**This July, Aquarius celebrates its
25th year of publication!!!**

Thank You, Atlanta!!
Now, we're getting ready for the Next 25!

Continuing Our Series On

ENERGY AND YOU

with Sarah Petruno
Christopher Wallis
The Aetherius Society
Brad Silberberg

Presenting Atlanta Artist
Sophia Sabsowitz

Featuring:
Ian Boccio
Brenda Cob
Phoenix Lea
Awilda Rivera
Crystal Bates
Janis Cohen
Sarah Petruno
Christopher Wallis
Cathy Burroughs
Patty Paul
Becky Arrington
Ariel Rose
Kathleen Robinson
...and more!

AQ community spotlight

The Open Mind Center

Summer is the perfect time to go outside and explore. Long days filled with sunshine abound, so there's no excuse to stay at home. You're bound to find all kinds of new and interesting things to try and places to visit if you just take the time to look. And, as you explore this summer, AQ highly recommends you take a trip out to Roswell, Georgia, where there's a true gem for you to discover at **The Open Mind Center**.

Established in 2008 by owner Charmaine Taylor, The Open Mind Center is a special place where the mind, body, and soul come together in a nurturing environment dedicated to helping everyone along their journey in life.

The Open Mind Center is a warm and inviting location with a wealth of resources for wellness, spirituality, and holistic lifestyles. It offers a gift shop and hosts a variety of life-enriching classes and services that facilitate personal and professional growth. There's a reason it's called The Open Mind Center. It's your one-stop haven where you can heal your body, nourish your soul, and awaken your mind.

AQ: Paint a picture of your center. Where is it located, how large is it, and what can we find when we walk through the doors?

The Open Mind Center is 6800 square feet and is located in Roswell, Georgia, right off of Old Alabama and Holcomb Bridge Road. When you walk inside, you'll be greeted by a friendly employee who will be happy to offer their assistance -whether it's picking out the perfect gift, signing up for a class or service, or just learning more about the Center.

AQ: How would you describe your Center?

The Open Mind Center is a comprehensive center for holistic learning, wellness, and inspirational products. It's a spiritual space, where everyone with any belief is welcome. We're here to help guide you on your path in life, wherever it leads.

AQ: What makes The Open Mind Center particularly unique?

There's so much about the Center that's unique. To start with, we have everything you need for your journey in life under one roof. We have yoga and meditation classes, wellness services, educational workshops, and a gift shop that provides a host of holistic products. We also have a tea room where you can relax before or after a class, or enjoy some time with friends. In the tea room is a gorgeous 1300 pound Shiva Lingam, connected to a powerful energetic grid, which came from the Narmada River in India. The Shiva Lingam is a large part of the wonderful, unique energy that you can feel the instant you step inside.

AQ: How do you set the tone in the center?

The tone is set as soon as you walk through the doorway. You're greeted and made to feel welcome by our staff. If you come to the Center seeking guidance, help is available right away. The Center is a place to restore and renew, so the atmosphere is very mellow. We have soft music playing and the entire storefront is nothing but windows, so there's a constant sense of light and openness when you're here.

AQ: So, what would you say is the biggest draw for people to visit The Open Mind Center?

Curiosity is one reason a lot of people visit us for the first time, and then they become loyal customers because of the high quality of the services and products we offer. Other customers seek us out because they need a sort of wellness base where they can spend a few hours and relax -they can take a yoga class, buy some incense, have an intuitive reading or Reiki session, and then relax in our tea room, without having to leave the Center once.

AQ: What type of services do you offer?

There's intuitive readings and past life regressions, Reiki and chakra balancing, energy healing, life and soul coaching, and massage therapy. We also offer free consultations, so if you're not sure which service or class you might need, our staff will be happy to discuss the various options with you.

AQ: What type of classes do you offer?

We offer different yoga classes in our beautiful yoga studio every day of the week, to accommodate students' schedules and interests. We also offer meditation classes, primarily on Monday evenings and on Saturdays. Unless otherwise noted, our meditation classes are open to everyone from beginners to long-time practitioners. And then of course we offer a variety of life-enriching classes and workshops throughout the week, covering personal and professional development, spiritual inquiry and practice, and much more. These classes change from month to month, so check out the calendar on our website or stop by the store with any questions.

AQ: What type of products do you offer?

Our products are meant to help you on your path in life, even if you're not sure what it is. Countless times people have come into our gift shop with no idea what they were looking for, and left with a crystal or book that spoke to or inspired them to move in a certain direction. We have new and used books on many different spiritual, metaphysical, and inspirational topics. We have a selection of over 100 crystals, yoga and meditation tools, different kinds of candles, incense, and oils, jewelry, tarot cards, figurines, wind chimes...there's too much to list! The best way to see what we have for you is to come visit the store itself.

AQ: Intention and awareness are blazing the trail for successful businesses today. Can you tell us about the design of your logo and the intention behind it?

The Open Mind Center logo was designed with awareness and intention. The design of the O represents the end of suffering and attaining enlightenment. The colors were chosen for the qualities which they represent. Red evokes life, luck, prosperity, and truth. Purple represents higher intuition and wisdom. Gold represents prosperity, abundance, joy and happiness.



The Open Mind Center theopenmindcenter.com

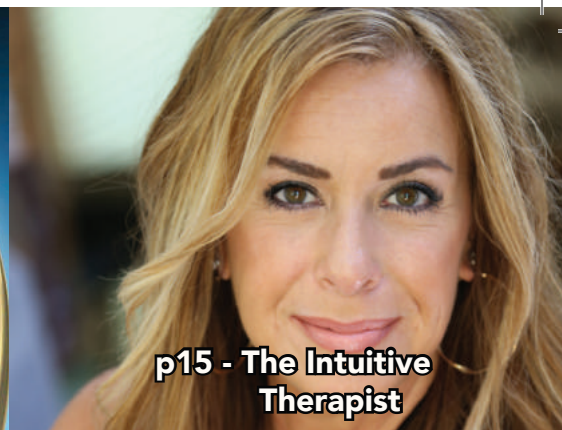
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p15 - The Intuitive Therapist

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Inside AQ...

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THIS MONTH

July 2017

AQUARIUS celebrates its 25th year of publication! How exciting it is to be experiencing - right here and right now - the shift of Human Consciousness 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...and AQUARIUS has been covering the story for a quarter of a century! We affirm that the entire goal of human evolution is the manifestation of our fullest potential, unity with Universal Consciousness and the perfect expression of Love in our lives and communities...and the world!



AQUARIUS is printed on 100% recycled paper...and uses **SOY INK** for printing. Use your magazine for composting (once you've read it and shared it)!

the age of **AQUARIUS**

Ian Boccio

One of the most misunderstood concepts that has emerged from Eastern philosophies is karma. Here in the West, we tend to have this very simplistic view that karma is a quality of reality in which “what goes around comes around”, or that we “reap what we have sown”, or something along those lines. Sometimes this is way it works, however, the actual mechanism of karma is far more complex and nuanced, and its effects are usually subtle and not easily perceived as the cause of our troubles. Opening up our understanding about how karma works, how it is constantly operating in our lives, can be incredibly useful and can bring the path towards liberation into sharp focus. Trying to explain why karma exists is incredibly hard (I know this from many years of experience), so we will stick to an attempt to understand what the karma is doing and what we can do to counteract it.

In last month's article, we talked about the idea that everything is energy, that all of reality, including our own subjective existence, is part of an infinite energy field composed of consciousness. Jumping off from that point, we can say that karma is, just like everything else, a variety of consciousness energy, part of the infinite field. The purpose and the effect of karma is to bind us into a vicious cycle of separateness, a delusion that we are somehow separate individuals existing within a reality where we are surrounded by a multitude of other separate individuals (both animate and

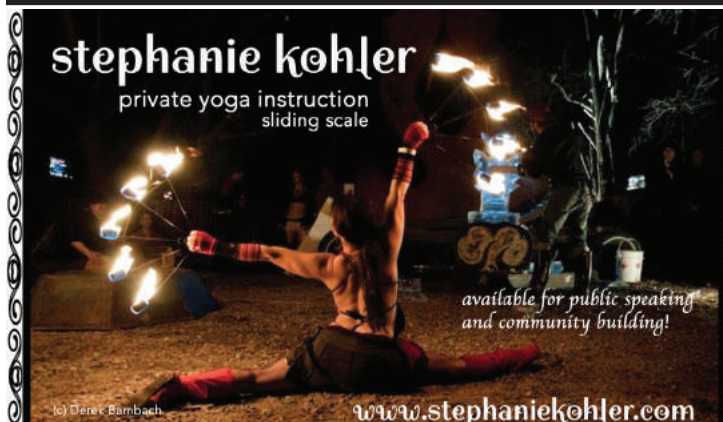
inanimate). When we are bound by karma energy, our ability to perceive ourselves as infinite consciousness disappears, and the delusion of our seemingly separate existence takes on the semblance of a true reality. This is the state known as samsara, the endless rounds of birth/life/death/rebirth that is the journey on which karma takes us. The most difficult thing, perhaps, for us to truly integrate into our idea of reality, is the idea that karma actually exists and that this karma is modifying our experience constantly. The concept of “awakening” can largely be explained as the realization of how karma directs our lives from behind the scenes.

On a subtle level, beyond the current capacity of technology to perceive or measure, our life force energy, prana, flows through a series of channels, nadis, that are like a network of rivers and streams, or we can think of it as being an analog of the vascular system where blood flows through arteries, veins and capillaries, keeping us alive. Much like blood, the basic nature of prana is that it needs to be in motion. As our life force is moving about, we ourselves experience animation and life processes. When the prana stops moving, problems start to arise, we begin to experience limitations of one sort or another. Karma energy attaches itself to various parts of the nadi network and blocks the movement of prana through that area, causing some sort of dysfunction. Ordinarily our prana should be flowing directly

from the infinite consciousness field, allowing us to experience ourselves as that infinite energy. What karma does is create a blocked off section of prana, an energetic boundary of sorts, trapping a limited amount of prana within a finite area. We experience those boundaries as limited, finite consciousness, our existence as a separate, self-aware entity.

Within our closed off network of nadis, there are a series of six centers, chakras, which represent areas where many nadis join together, creating a concentration of prana. The energy vibration of the chakras manifest as different aspects of our experience, so one chakra may give rise to our body and our experience of material reality, another chakra manifests as emotions, while another gives rise to mental patterns and thoughts. Karma energy attaches itself to these chakras in various ways, and wherever the karma exists, prana is blocked from moving through. When prana is blocked from moving it becomes toxic, resulting in all sorts of difficulties that we experience as obstacles in our lives. These could include health problems, financial troubles, accidents, difficult relationships, etc., etc. Dysfunction and imbalance on all levels of life is caused by blockages of karma energy.

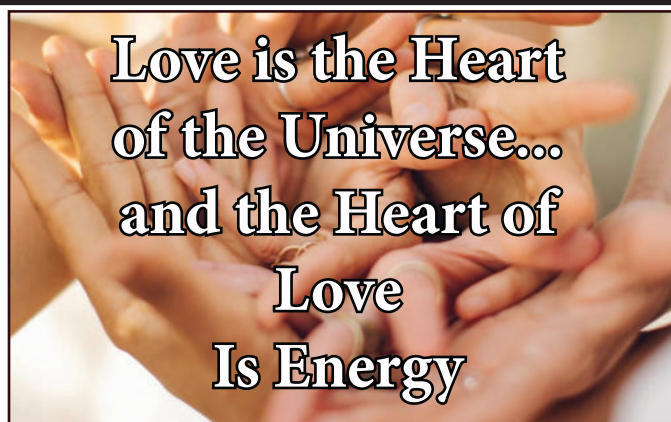
Stay tuned for next month's article, where we will discuss the solutions to this karma problem offered by yoga.



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**Love is the Heart
of the Universe...
and the Heart of
Love
Is Energy**

the next 25

Don Martin
Publisher



25 years.

A quarter of a century.

Most marriages don't last that long.

In cosmic time, it is meaningless. In 3rd dimensional time, here on planet Earth... it is around 1/3 of a lifespan.

25 years ago...my daughter did not exist. My two sons...who are now adults with families and careers of their own...were little boys who were just figuring out how to play Little League t-ball.

25 years ago...George Bush, Senior, was president in his last year of office. Bill Clinton was taking the country by storm... and won the presidency in November of that year, 1992.

Do you remember Ross Perot?

If you were "adulthood" in 1992, chances are you did NOT have a home computer or a cell (mobile) phone. Smartphones did not even hit the market until 1994, and that was "Simon"...who remembers Simon? Only 10,000 people bought one. And...it wasn't very smart.

Zell Miller was governor of Georgia. I met him once...actually had lunch with him at an old diner in Cleveland, Georgia. He was a gentleman, soft-spoken, and seemed sincerely interested in what I thought were the major issues going in our state and our country. I wish he had run for President. I miss him.

In 1992, there wasn't much going on in the realm of New Age Spirituality. Well, of course, the New Age Movement had come and been thoroughly mocked in the 70's and 80's...but the renaissance in alternative spirituality was still a decade away.

Less than 10% of the population knew what yoga was, or had any interest in higher consciousness or alternative spirituality. We still considered ourselves a thoroughly "Christian nation" and were flush with the amazing economic growth of the dawning computer age.

"AQUARIUS" newspaper was started in 1992...and what an amazing and visionary paper it was! It explored the fringe of the metaphysical, and it connected visionary spiritual practitioners across the city of Atlanta.

Throughout the city of Atlanta, Aquarius was known and read! It became...and still is today...one of the most recognized publications in the Metro ATL.

A thriving paper like Aquarius, in the heart of the Bible Belt, was no small thing. It became known throughout the southeast, and today is one of the most trusted publications about alternative spirituality in the country. Aquarius is read in almost every state in the US, and is even read in Europe, Africa and Asia!

Aquarius came on the scene just as the shift in astrological ages was taking place. It heralded the huge metaphysical changes that would sweep across the planet. And not just that...Aquarius became the model which other publications would copy to reach their target markets.

Aquarius was...and IS...a trend setter!

Today, there are two dynamics that are shaping our nation and our world...one is the ubiquity of televised news (24-hours a day, 7 days a week, over 100 channels dedicated to news and news only). The second is the HUGE social and spiritual SHIFT into the New Age of Aquarius.

In 1992, money was god, and millennials were babies. In the past 25 years, a huge SHIFT has taken place as Millennials have entered the world with a bang as the first generation of Aquarians. Yoga has become the nation's largest "spiritual"/consciousness practice. More people meditate than pray. Most people believe that there is a Higher Consciousness within themselves...and more people have abandoned traditional religious practice like church attendance than at any other time in human history.

Most astrologers, psychics, mediums and spiritual practitioners recognize that the Age of Aquarius has come. Our planet is being exposed to new cosmic energies that are already having a huge impact on the evolution of the human race.

Science and spirituality are finding a common ground as quantum physics begins to open up the unseen world to our eyes and our thinking.

We are in the middle of a huge shift in human consciousness and evo-

lution that is happening globally. The duality of the past 2,500 years is fading, and a sense of unity and oneness is emerging. The divine feminine is being restored...and women are rising up to their power in a way that is unmatched in human civilization.

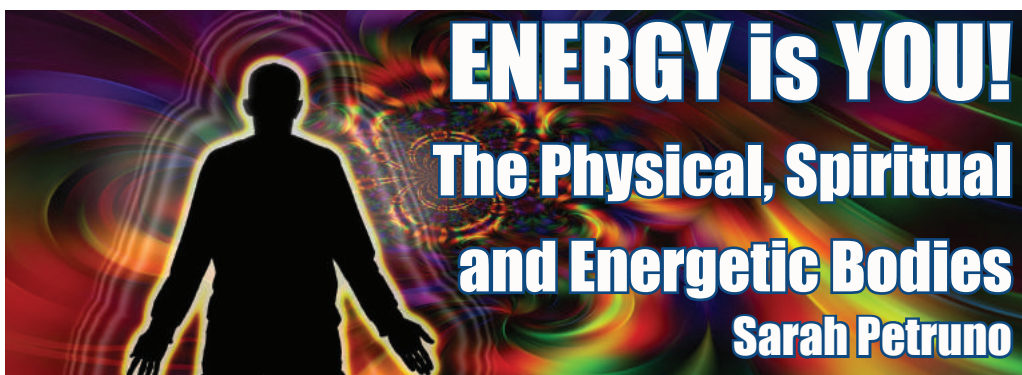
We are poised on the brink of what I think is the most momentous time in human history. The Age of Pisces is passing, and a new Energy is rising throughout our planet and cultures. In the next 25 years:

- *human consciousness and AI (Artificial Intelligence) will merge, making it possible for humans to know everything, and perhaps even experience eternal life.*
- *there will be a convergence of human consciousness and transpersonal consciousness...meaning, humans and non-humans (ghosts? aliens? higher energies?) will experience greater intensity in their relationships.*
- *there will be a growing call from the masses of humanity to do away with nation-states, and to create a One World government and identity.*
- *a new generation of those who are infants now will arise, and demonstrate remarkable spiritual, psychic and intellectual insight.*

There is so much more...and this I promise...AQUARIUS will be there to tell you about it, help you understand it, and encourage you to experience it.

We are living in AMAZING TIMES!! My hope is that this will be the best of times for you...and that the next 25 will be the best ever in our individual and collective experience.





Sarah Petruno is a shaman trained in the Eastern European tradition. She conducts her practice and writes a blog at sarahpetrunoshamanism.com.

As humans, we exist as more than just the physical.

We have a physical body, a vessel, that we are given when we are birthed into this life.

Our physical body has bones, skin, hair, nails, blood, organs, and everything in between. It's tangible. It's touchable. It's seeable.

But are those pieces that make us who we are?

Well in a small part, yes.

In large part, no.

There's more to who we are as we navigate this earth, beyond our physical qualities, our features, and the inner workings of our digestive organs.

We have thoughts, feelings, emotions, perspectives, life experiences, and moral compasses.

Where do these reside in the physical body?
They don't – there's no physical location for these elements of who we are.

They reside as part of our Spirit, or our Soul, and the summation of which can be referred to as our spiritual body. You know, the one that transcends the physical world when we pass on.

Our spiritual body contains all the elements that make us who we are – past, present, and future. It has a soul memory, and because your Spirit has lived many previous lives, with likely many to go. Our Spirit grows, learns, and evolves. And as it does, it carries with it, from life to life, emotions, feelings, thoughts, perspectives, and soul growth experiences.

When we pass on, our physical body is left behind, and our spiritual body transcends.

The physical body is the vessel for the spiritual body to exist in this life.

But there's one other piece – and it has to do with energy.

Each element of our physical body, our skin, our hair, our blood, is made up of molecules and ultimately, subatomic particles that have and carry with them, energy. The ability to move, shift, change, transform, generate heat, vibrate, and form into a wave.

Each piece of our physical body is made of up energy – and all of those pieces, individually and combined, have an energetic field.

Our physical body has and generates energy.

And so does our spiritual body.

Thoughts, feelings, emotions, and experiences – those have energy too. Not tangible, no, but their existence and perpetuation does carry an energy. In order for transference and feeling to even occur and shift our state – there has to be an energetic substance for that to happen. Thoughts and feelings typically in the form of a wave and have an energetic vibration. Again, as individual units, they have energy, and thus, an energetic field. The summation of all thoughts, feelings, and experiences, also have energy and an energetic field.

Our spiritual body has and generates energy.

Our physical body and our spiritual body both have and generate energy.

We just have to give the energy from these two bodies a name – a collective name.

This is the energetic body.

The energetic body is the collective summation of all the energy that exists as a part of us – both physical AND spiritual.

Perhaps the most important concept in shamanic and energetic healing and the most misunderstood - it's the existence of the spiritual, energetic, and physical body as all part of the human experience.

When a shift or a change is made in the physical body, there's a shift in energy – because there always is – everything at the base, core level, is made up of energy. And a change anywhere, is a change in energy.

So, when a change is made in the physical body, there's an energy shift in the field as a whole. Which of course, means that there could be a resulting shift in the spiritual body (i.e. a change in emotional state, for example).

Our energetic body is completely dynamic, when there's a shift in the physical body, the shift in energy doesn't just stay in the "physical body" part of the energy field – in fact, there's no such thing. It's completely intermingled.

When there's a change made in the spiritual body, a shift in attitude, thought, or even a soul's experience of growth, this is again, a change in energy. As such, there's an appropriate change in the energetic body, that has the potential to impact energy tied to the physical body (i.e. a physical sensation accompanying the change in the spiritual body).

physical body change (energy change)
= energetic body change

= spiritual body change (energy change)
Imagine now, you've been the recipient of a psychic attack, one in which someone was sending you energy in the form of nasty, angry thoughts – lodged right in your stomach, your solar plexus chakra. It is often the case, that accompanying a psychic attack such as this, comes intense stomach pain, indigestion, and cramping. In fact, this is how many energy sensitives first become aware of a spiritual based onslaught – because they physically felt the shift first.

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Energy Is You!

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In this case, there was an incoming energy that shifted and changed the state of the spiritual body to be lower in energy, punched or injected with energy poison, if you will. And this energy punch did not happen in isolation. It happened in the stomach area of the energetic body, which is linked to both spiritual factors like self esteem and confidence, but also to physical factors like digestion and stomach contractions.

When an energy shift occurs in one area, it's often indiscriminate in nature and affects both connected avenues – spiritual and physical.

A change in one body, physical, spiritual, or energetic, has the full and complete capacity to have a change in one or more of the others.

This is why, energy healers, spiritual healers, and shamans are able to exact changes in the physical body, while only working with the spiritual and energetic body.

It's because, within the human existence, there's a Trinity of 3 bodies, all interlinked, interconnected, and interacting:

The Physical Body

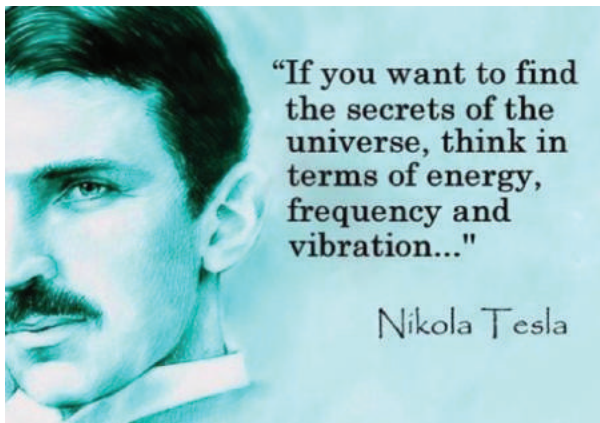
The Energetic Body

The Spiritual Body

In many cases, a change in one means a change in the other. If only because the energetic body intertwines and links the underlying energetic components of the physical and the spiritual.

Energy is the connecting factor. All things arise from Energy – Physical, and the not-so-physical, Spiritual.

We're so much more than our physical body – we're Spirit, and we're Energy, too. When contemplating changes in your world, it's important to take into account aspects beyond just the physical, arguably a mere third of our existence. In healing, we have to consider all pieces of the puzzle – Physical, Spiritual, and Energetic.



In the yoga tradition we encounter a fascinating metaphor: it is said that the milk of a lioness is so potent that no container can hold it except for pure gold. If the golden vessel has impurities, the milk will eat through the vessel like acid at those points, and drain away. In the same way, if the practitioner has too many energy leaks then the spiritual energy (shakti) that is generated through yogic practice will simply leak away again.

Have you ever been to a yoga retreat or meditation weekend that was so inspiring and empowering that you felt sure your life was going to change radically, only to find within days or weeks of returning home that all that extra juice had seeped away, returning you to much the same default state you had before the retreat? If so, you're not alone.

This is a very common experience. Because energy leaks.

Once you know what the main energy leaks are, you can set about plugging them. If you manage to plug most of them, you will experience something astonishing: the very same yogic practices you've been doing all along now seem to generate much more power, energy, prāṇa. In fact, they're not generating more, you're just not leaking it away.

Systematically addressing these 'leaks' shifts the playing field of spiritual practice radically. Of course, it can take time to address them — but it's time and effort well-spent, that repays its investment more generously than you might imagine.

So, what are the most common energy leaks? The list below follows one created by Śākta-Śaiva Tantrik teacher Dharmabodhi. I offer here my own short explanation of each major energy leak.

I. Exhaustion due to overdoing/multi-tasking

Easily the most common energy leak in today's society, overdoing means having a plate that is too full, leaving little time for the relaxation, play, and social bonding that humans evolved with for most of their history. These are not only necessary for health, they create a body-mind container that can hold the energy generated by spiritual practice. By contrast, an exhausted body-mind is riddled with 'holes' out of which that energy drains away. Your conditioned mind might be convinced that you can't afford to do less; but really, you can't afford not to. (And by the way, if you use stimulants [caffeine etc.] every day, you are exhausted, though you might not feel it.) As Dharmabodhi says,

"Wake up out of the dream of over-doing. Take responsibility for your runaway life. Closely examine the cultural trance of over-doing, expose it and tune into your own energies instead. Follow a simpler and more natural way of living, [which is actually] a more productive way of living."

Oh and by the way, however proud you are of your ability to multi-task, it's now been proven that multitasking decreases your effectiveness at all tasks (see the work of John Medina).

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Most importantly, according to the yoga tradition, to be healthy and sane one needs to have at least four hours off a day, at least one full day off a week, at least one full weekend off a month, and at least three full weeks off a year. When I say 'off' I don't just mean not being in the office — I mean not checking emails, not thinking about to-do lists, not accomplishing anything. Just being. Un-scheduled time, free of agenda, unless it be the 'agenda' to connect with yourself, your loved ones, nature, and/or art. Just look at kids who haven't yet become addicted to glowing screens, if you can find any: they explore the world around them with wide-eyed wonder, and their creative energy flows through vivid imaginative play. We're not meant to lose that. It's part of our natural state. We need that creative energy, that curiosity, that wonder, to feel that life is worth living. You will slowly access more and more of it if you create time for agenda-free connection.

2. Dis-ease of the physical body

The second energy leak is of course intimately related to the first. When we're overdoing, we develop dis-ease (or full blown disease) quite easily. When dis-ease has set in, it draws our attention and leaks our prāṇa (vitality or life-force). Dis-ease is different from being disabled; someone can be disabled or have a chronic condition without having dis-ease. It all depends on how they relate to their disability (e.g. how much they focus on it, whether they form a self-image out of it, and what mental frame they view it through).

3. Excess emotional reactivity

This is a delicate one to discuss. As a cognitive neuroscientist recently wrote, "The ability to regulate one's strength of emotional response is highly adaptive: It stops us from investing too much energy into [certain] things."

While there is no degree of emotion that is 'too much' in the Tantrik View, it's important to note that some emotions are generated or amplified by believing in a mentally-constructed 'story' about a situation. This very common energy leak can be described as losing contact with your essence-nature, your natural Presence, through buying into a story associated with a strong emotional response, which often results in throwing your energy at someone else (usually the person you blame for your feelings). When you speak in anger and say things you later want to retract ("I didn't really mean that!"), that's a good example of emotional reactivity. When you sit (or move, or dance) with your feelings, neither owning nor disowning them, but just being with them as a form of pure energy, that's the opposite of emotion-

al reactivity. When your assumptions seem like indisputable facts and you're filled with self-righteous indignation, that's emotional reactivity. When you're curious about where these intense emotions are coming from and can laugh at yourself in wonder, that's the opposite. When you buy right into a disparaging comment from a peer and enter a world of hurt, plagued by repetitive painful thoughts ('How could they?' 'What an asshole!' 'I can't believe s/he hates me!' etc.), that's emotional reactivity. When you keep your heart open and let yourself feel the pain in the other person and in yourself, without buying that person's story and perhaps even seeing beauty and opportunity in the pain, that's the opposite.

The opposite of emotional reactivity, then, is really just natural human Presence. To abide in that Presence is the goal of the path. Then strong emotions can arise without the emotional reactivity that harms you and others.

4. Losing contact with natural Presence through thought/fantasy/reverie

Those who habitually dwell in the mind-world can hardly imagine how much joy and aliveness is unavailable to them. Unfortunately, that's most of the planet. Being lost in vikalpas (fantasy/reverie/mental images) is a primary way we divorce ourselves from sweet, simple abiding in our natural state.

Here we're talking about a) imagining possible future scenarios in which you might be happier (fantasy); b) imagining possible future scenarios in which you might suffer (anxiety); c) remembering past 'good times' through rose-colored glasses and wishing things could be like that again (reverie); and remembering past 'mistakes' and thinking about what you 'could have' or 'should have' done (regret/guilt). (See p. 138 of T.I.) These four are, in the yogic view, simply the most common forms of insanity.

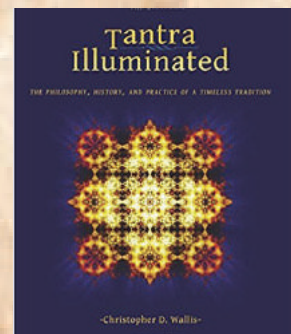
Humans are simply terrible at accurately predicting how they'll feel in any given future situation, even when they're convinced otherwise (as Dan Gilbert has proven), and they are also terrible at remembering the past with any accuracy (what you think are accurate memories are largely expressions of your individual psychology, much like dreams woven from elements of past experiences). A fifth version of getting lost in vikalpas is simply focusing intently on data of any kind to buffer your existential angst or distract yourself from what you and others are feeling. Someone doing a crossword puzzle or playing a challenging video game or reading all the news of the day might claim that they are more in the present moment, but they are just

as much 'in their head' — and therefore divorced from flowing Presence — as someone lost in thoughts of possible futures or remembered pasts. Inhabiting mental worlds and imagined realities is a significant energy leak for a yogi, and one that is ubiquitous in our society.

Keep Reading Next Page >



Christopher Wallis, also known as Hareesh, is the Founder and Head Faculty of the Mattamayura Institute. His teachers, mentors, and gurus, in chronological order, include: Gurumayī Chidvilāsānandā, Paul Muller-Ortega; Alexis Sanderson; Marshall Rosenberg; Somadeva Vasudeva, Dharmabodhi Sarasvati; and Adyashanti. Hareesh is the author of Tantra Illuminated: The Philosophy, History, and Practice of a Timeless Tradition. His degrees include a B.A. in Religion and Classics from the University of Rochester, an M.A. in Sanskrit from U.C. Berkeley, an M.Phil. in Classical Indian Religions from Oxford, and a Ph.D. on the traditions of Śaiva Tantra from Berkeley.



5. Strongly held beliefs or opinions

This is closely related to #4. It can be hard to believe this is an energy leak until you experience for yourself the influx of life-force that comes from finally, deeply admitting the truth that you really don't know anything for sure. That just about all your strongly held beliefs and opinions are either wishful thinking or fearful thinking. That the world is far, far too complex, and the variables far too numerous, for our little brains to justifiably hold a fixed opinion about anything (apart from your own inner experience, perhaps). Note that having beliefs/opinions is not an energy leak; it's gripping tightly to those opinions, unyielding and hard in your attitude rather than soft and open, and being so convinced you're right and you know how things really are (as opposed to the other guy) that is the energy leak. There's a lot more to reality than what any one of us can see; acknowledging that helps you be softer, more open, and therefore better at connecting with others.

6. Unclear relationships / unclear boundaries

Since the entire range of social norms pertaining to all kinds of intimate relationships is in flux in the 21st century, #6 is a pretty big one. Of course, when you're just getting to know someone, it's normal for the nature of the relationship to be undefined. However, hanging out too long in limbo where you're not exactly sure what the other person wants, needs, or feels, but you're hoping they'll come round to your way of seeing the relationship, is a powerful prāṇa-drain. Conversely, being clear about where you're at but keeping the other person in limbo by not committing to a specific form of relationship with clear agreements or boundaries is also an energy leak (because using other people depletes your shakti).

Obviously, the solution is communication, but few of us know how to communicate our feelings and needs without casting them in the form of a narrative about what the other person is doing wrong (or what you're doing wrong, for that matter). Which doesn't help. Ongoing clarifying dialogue (which doesn't descend into nitpicking, pseudo-psychoanalysis, or finger-pointing) about what you want and what you're okay with, and what your loved one wants and is okay with, is crucial to create the firm foundation for relationships that aren't energy leaks.

Except sometimes the solution isn't communication; sometimes you hang on to a relationship that is past its 'expiration date' out of fear or attachment. This is a huge energy leak. The solution is to let go and walk away. If you need support for that, check out Conscious Uncoupling.

7. Unconscious speech / excessive speech / gossip

Another very common energy leak in our society, this one is difficult to shift because of huge social pressure to conform to how others around us use language. Yet excessive speech is such an energy drain that in Āyurveda it is said to lead to various forms of disease (mainly through exacerbation of vāta dosha). Have you ever noticed that masters of yoga and meditation speak less, and speak carefully? Swāmi Muktānanda once said, "The power of your words increases in direct proportion to the silence that you keep."

Ideally, before opening a topic of conversation we ask ourselves four questions, the so-called Four Gates of Speech: 1) is it true, this thing I want to say? 2) is it necessary or helpful to speak it? 3) have I found a loving way to say it? 4) is it the right time? (It helps to remember the four key terms: true, necessary, kind, right time). For more on this important topic, see the two chapters on 'Discipline in Speaking' in *The Yoga of Discipline*. So how do you plug the energy leaks? Suggestions and leads have been given above, and these can be supplemented by your own research, your intuitive knowing, and by practicing under a qualified teacher. Specifically, the tradition of Tantrik Yoga has many tools for plugging energy leaks.

STILL By Phoenix Lea POINT

MEDITATION

Home. It means something different to each of us as individuals yet, it is experienced as an internal collective impression as well. Heaven. The notion of a heaven also gives us a sense of completion, rest and belonging... home. We know this is where come from yet, often we feel like we do not belong to the very roots that give us birth. What was the energy in your home growing up and have you been a wise steward of all that has been given?

Hello Dear Readers, is "home where the heart is"? This statement feels true until I think it to death. What if we asked the question this way, "is your heart at home?". Ahh, feel the conversation dropping down into the lower two chakras as we converse. For me personally the energy of "home" carries with it a feeling of survival, need and responsibility from very early in my life. It is not as if my dad sat me down one day and said "hey, life is on overload with your mom and I so we need you to pick up the slack. Here is a video on how to take care of your baby sister and grow yourself up while your at it!".

I was nine years old when life thrust me into a caregiver role. What happened to my girlhood/childhood? It came back for me many many years later in need of great healing.

I believe it safe to say that it is a small percentage of us that are actually nurtured, respected, cared for and raised in a balanced healthy way. As a mother of three children (now grown), this was a full time job of character training and cheer-leading!

Do you have a cheerleader in your life? Are you someone's caregiver, friend and confidant? These are the roles that come too quickly in life, often before ones own character is built And established. What can we do to heal those childhood needs before we pass on our deficit? How can we thrive in our current relationships when from the inside we are being depleted in our thoughts?

As I have witnessed, we kinda hit the ground running without much direction, we survive and yearn to thrive because deep down we know more is possible. Guilt plays its little disturbing horn here to the tune of - how can I ask for more? Am I worth more than the tiny allowance I have given myself? Lord, knows I give others more until I'm give out...who sees me? With the deep feeling of being worth more we call out to the light within us. Be more love in me!!

Keep Reading Next Page >



More LOVE not TIME is needed. Love is patient and kind. Learning to love properly begins with listening. "A deep listening" according to Thich Nhat Hanh in the little book called True Love. Our Still Point is all about the listening into oneself for love. Receiving and the passing it along to another. There is No guilt in loving oneself and receiving from the Divine. None.

Energy, being formless and programmable is in relationship with us. Listening into oneself before running out the door is imperative to your wellness. Putting your needs first is not selfish- it is self-caring. A three minute meditation while putting on mascara could set the tone for your whole day! I am loveable!! Or what about a sincere pep talk with that first cup of coffee?! "I AM a Dad who listens and pays attention to his family"! Know thyself. Share thyself. Be well.

Our Still Point for July is to look for opportunities to Be, say and express who you are with clarity and love. For some of us that means a shift in how we are allowing others to spend time with us. Shifting our roles to express more respect and honor within us is a step in the right direction. Create the feeling of HOME everywhere with others. Help others to belong and fit in with community alongside you. Home and a sense of belonging often begins with an invitation to listen and love one another.

Phoenix Lea
2017

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YOGA: Under the Bodhi Tree

By Awilda Rivera



During the last 2 years we have tackled much of the rich tapestry of Yoga. We have discussed the ancient philosophy, physiology and modern interpretations of Yoga. However we have neglected to explore the Mythology of Yoga. It is not shocking that the Yogic tradition has elaborate Myths attached to the creation and naming of many of its most notable poses.

Surprisingly, not all of the Myths associated with Yoga are connected to Hindu Mythology. Some of the stories are connected to ancient ways of living, others to an understanding about nature, and some are even tied to stories of the Buddha.

There is a lot to learn about Yoga through these many myths. For example, it is said that Tree pose was developed to help us embody the tolerance, altruistic giving, strength and balance that trees have symbolized to humanity since the beginning of time. Another notable myth tells of a Man who spent 3 lifetimes trying to master the Vedas, only to realize that he spent 3 lifetimes focused on the wrong thing. This dedicated man had thought the best way to get close to divinity was to memorize these sacred texts; however he had failed to realize the ultimate lesson: knowledge gained and not shared helps no one. After being given the opportunity to experience a 4 lifetime, the man spent all his living years sharing the knowledge and joy of Vedas with others. Ironically at the conclusion of the 4th lifetime he was given the opportunity to avoid further reincarnation, yet the happiness he had experienced while sharing the knowledge was so great that he chose to continue being reborn so that he could share the knowledge

with others.

Many of the Myths are allegorical and serve to illustrate important points about life's greater noble truths. These myths illuminate nuances about how to live in harmony with yourself and your environment. The stories shine a light on the importance of being able to occupy a space of harmony with humility and grace, such that your peaceful presence can be an example to help others achieve the same state of existence.



If you are interested in reading more of the Yoga Myths, there are several excellent books in print that will provide a closer look at these incredible stories. Here are a few books that contain many of the

Yoga Myths and can help you experience yoga through this new lens:

1. Myths of the Asanas, by Alana Kaivalya (mandala publishing 2010)
2. Downward Dogs and Warriors: Wisdom Tales for Modern Yogis, By Zo Newell (Himalayan Institute, 2007)
3. Yoga: Immortality and Freedom (Mythos: Princeton / Bollingen Series on World Mythology) by Mircea Eliade & William R. Trask - 2009

The myths of Yoga offer a refreshing perspective on an ancient practice through its own narrative. Don't take my word for it, check it out for yourself. Check out one of these awesome resources. Dive into the world of lessons learned and miraculous triumph!

CAROL HARADA lay on her back, eyes closed, on cushions strewn across the floor of a studio in Emeryville, Calif. Several people, some clutching musical instruments, quietly gathered around. It was her turn to receive a group healing.

One person held her feet. Another touched her head. Someone placed a hand on her shoulder. Ms. Harada, 40, then stated that her intention was to release the dull pain in her left shoulder.

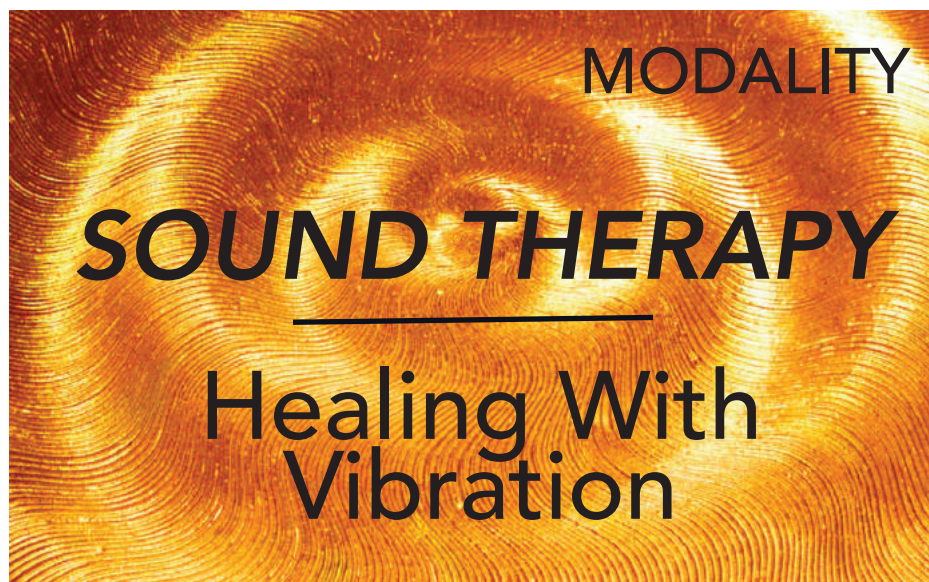
"The physical touch was important, to remind me I was safe and directly connected to people doing healing work on my behalf," she wrote in an e-mail describing her experience last spring.

Then, using their voices and acoustic instruments -- bowls made from crystals, an Australian didgeridoo, bells and drums -- the participants gently bathed Ms. Harada in sound.

When the sonic massage ended several minutes later, Ms. Harada's eyes fluttered open. She felt grateful, peaceful and when she stood up, found that the range of motion in her shoulder had increased.

For decades people have relaxed and meditated to soothing sounds, including recordings of waves lapping, desktop waterfalls and wind chimes. Lately a new kind of sound therapy, often called sound healing, has begun to attract a following. Also known as vibrational medicine, the practice employs the vibrations of the human voice as well as objects that resonate -- tuning forks, gongs, Tibetan singing bowls -- to go beyond relaxation and stimulate healing. "It's like meditation was 20 years ago and yoga was 10 to 15 years ago," said Amrita Cottrell, the founder and director of the Healing Music Organization in Santa Cruz, Calif., and the leader of the class that Ms. Harada attended.

While many people are only just discovering it, sound healing is actually a



MODALITY

SOUND THERAPY

Healing With Vibration

return to ancient cultural practices that used chants and singing bowls to restore health and relieve pain. It is often introduced at mind-body or wellness festivals. Thousands of healers from almost every state and many countries have created Web sites about sound healing. The healers include medical doctors, academics and people with no medical or scientific background at all. What they have in common is a belief in the potency of sound to not only promote relaxation, but relieve ailments, from common aches and pains to the anxiety that accompanies chemotherapy.

People who have tried sound healing say they like it because it is noninvasive and relaxing. And lying on a cushion, exercising only the ears, is decidedly easier than stretching into the downward dog pose.

Using forks and bowls for anything other than dinner may seem to some people like New Age nonsense. But healers, sometimes called sounders, argue that sound can have physiological effects because its vibrations are not merely heard but also felt. And vibrations, they say, can lower heart rate variability, relax

brain wave patterns and reduce respiratory rates.

When the heart rate is relatively steady, and breathing is deep and slow, stress hormones decrease, said Dr. Mitchell L. Gaynor, an oncologist and clinical assistant professor of medicine at Weill Medical College of Cornell University in New York and the author of "The Healing Power of Sound." That is significant, he said, because stress can depress every aspect of the immune system, "including those that protect us against flu and against cancer."

Ms. Cottrell pointed out that ultrasound, which employs vibrations in frequencies above the range of human hearing, has been used therapeutically. "When the body is sick -- it could be a cold, a broken bone, an ulcer, a tumor, or an emotional or mental illness -- it's all a matter of the frequencies of the body being out of tune, off balance, out of synch," she said. "Vibration can help bring that back into balance."

Continued on Page 21 >



horoscope

Cancer June 22 - July 22

Ariel Rose is an Atlanta area astrologer and intuitive. She also offers Tarot and Sound Therapy. Contact her at 404-256-4477, or email at arielroseastrology@hotmail.com

♋ Cancer -

Happy Birthday Cancer! The Sun is shining on you this month and your personality will be strong, vital and energetic. You may be split between a desire to be social and the need to stay home and enjoy your private time. Be sensitive to your own feelings and do what suits you best! Be aware that you are experiencing a natural restlessness now and you don't have to act on every impulse. There will be plenty of time to socialize after getting some well-deserved rest.

♌ Leo -

It's a month of soulful introspection and spiritual cleansing for the Lion. You are at your most emotionally and psychically sensitive now, so listen to your feelings and take time to release old memories, thoughts and experiences. Anything that has been troubling or harsh should be worked through so you can start anew. As you move through this month, you'll notice the clouds shifting and the Sun coming into better focus. Before you know it, you'll be happier and less burdened by your past.

♍ Virgo -

Your humanitarian urges and social awareness are strong this month. The nurturing energy of Cancer gives you the desire to help others and champion causes. The best outcomes will be achieved by combining your organizational skills with your genuine loving care. Be patient at work, as the overall mood will be friendly but a little more light and scattered than you prefer. After the 20th, take time to relax and recover your physical and emotional energies.

♎ Libra -

July could feel like a pressure cooker for you in the areas of work and home. It's the right time to grab a best friend and take off on a traveling adventure - either large or small. If travel isn't an option, aim for a class or group activity that broadens your mind and awareness. Change up your routine to include healthy alternatives. Being in touch with the consciousness of the world can re-energize you and help relieve daily stress.

♏ Scorpio -

The realms of travel, philosophy and higher truth are calling you this month. Any subject that involves the exotic, unknown or foreign holds great appeal. This could be a perfect time to plan travel, study an intriguing new subject or begin a journal. Communications at work could be challenging, with stubborn individuals who require much flexibility and patience on your part. Take breaks for creative pursuits and keep peaceful music nearby.

♐ Sagittarius -

This is a month of reflection and quiet inspiration. It's time to take a break from wandering and roaming for some recuperation. Getting closer to home, old friends and family will unearth mysteries and help solve those deep soul questions you have. This is also a good month to begin a romantic relationship or spend more time with your partner. Giving selflessly to others will bring you great fulfillment now.

♑ Capricorn -

The energy of opposites comes into play while the Sun is in Cancer. The Crab can bring you closer to the deeper emotional side of yourself that craves kindness and nurturing. Don't be afraid to reveal your softer side and let your loved ones do the same for you. Your strong independent spirit can leave others out at times, so open up and allow yourself to be human. Showing your imperfections actually makes you more loveable and relatable to everyone.

♒ Aquarius -

July is a month for health goals, creative projects and colorful relationships. If you've strayed from your usual healthful routines, this is a great time to get back on track and start feeling better. You'll be extra fiery and vocal in your relationships and won't be willing to tolerate any bad behavior or pretentious people. You'll be inspired to write or create images that help you explore hidden areas of your personality. Reach for what brings you joy!

♓ Pisces -

Your creative energy thrives during the month of July and you're right in tune with Cancer's watery realm! Take time to work on that creative project and express yourself in colorful style. Take extra care of your heart and lungs by not exposing yourself to pollution or other toxins. Stick with organic foods and purified water. Tension headaches are also possible, so make sure to relax and release pent-up emotions before they effect your well-being.

♈ Aries -

This could be the perfect month to hunker down at home and get some basic work done around the house. The emotional tone is sensitive and you might end up feeling like you're accidentally stepping on everyone's toes. Support from Mercury and Venus can still help you be the life of the party as long as you keep conversations light and humorous. You'll be more in your element after the 20th, when Mars moves into fiery Leo and gets you back on track.

♉ Taurus -

Communication and a world of new ideas are your focus this month. You'll be challenged to see things from the perspective of other people and it could be tough unless you can embrace some flexibility. Overall, you'll be comfortable with the energy of July but there's a risk of burning out from too much activity. Pace yourself and make sure to take breaks for peaceful silence and recovery to rest your mind and body.

♊ Gemini -

Your primary focus will be on balancing resources and making sure income is stable enough to fund your next adventure. This can be a very positive month where you shine socially and have the ability to charm and communicate well with everyone you meet. Creative thoughts around career or life purpose are sure to come up - write down your ideas in a journal or safe place for future use.

Welcome fellow Stargazers!

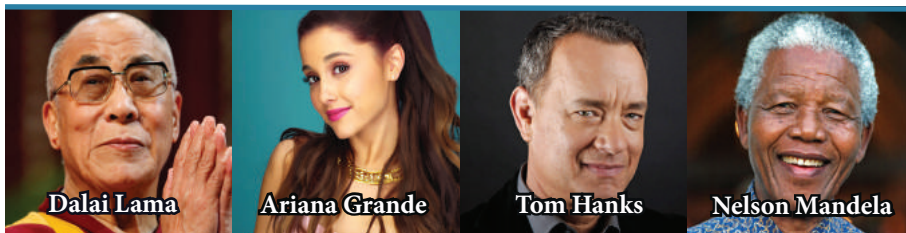
The month of July embraces us in the cozy, home-loving energies of Cancer. The sign of the crab is traditional, sentimental, loves closeness with anyone they consider 'family' and is happy to keep the home fires burning bright. Cancer can be very nostalgic, so it's not unusual to feel drawn to taking trips down memory lane. Don't be surprised if old memories or recollections visit you this month. The rulership of the Moon makes Cancer a moody personality who is always there for you, but experiences emotional 'ups and downs' just like the Moon pulling the tides. It's a great help to learn the basics of reading a Lunar calendar and keep one handy to better understand yourself or the Cancer natives in your life.

Cancer creates a time of closer connections with loved ones, re-energizing of the home environment and getting in touch with our needs for comfort, good food and shelter. This is a great time to practice Feng Shui and clear the home of anything old and out-dated. Work on 'homemaking' to create a haven that gives relaxation, stability and peace.

Our Full Moon of the month will take place on Sunday the 9th at 12:07am EST in the serious sign of Capricorn. This is a challenging placement for the Moon and it will drive us to take an unflinching look at our sense of self worth, personal ambitions and how well we've handled responsibilities. Although this can feel harsh, it's an important time of self-assessment and a perfect time to remove negative elements that are holding you back from forward progress. Capricorn is dedicated to achieving new and better goals, while discarding anything that does not serve you well.

The New Moon cycle begins on Sunday the 23rd at 5:46am EST in the optimistic sign of Leo. This will bring in a fresh joyful energy that encourages creativity and motivates us to be more loving and generous. Enjoy time with children and pets, while making sure to relax and have some fun.

Happy July - stay safe and be well!





Legacy Of The Divine Tarot

July 2017

KNIGHT OF WANDS: If you have been feeling stagnant or not able to move forward, this month should bring some relief from that. The Knight of Wands represents a double-action energy, because there is the Knight who can't sit still, coupled with the Wands energy that is constantly on the move. So look at new opportunities that come your way, or create your own. You will have the initiative and drive to propel yourself ahead in some way. Perhaps it is only a small step at first, but as you get into the "swing of things" you will find yourself becoming more and more action-oriented.

THE EMPRESS: July also brings the Divine Feminine energy into play. Recognize your nurturing, kind and loving side while using your creativity to bring forward and birth ideas that perhaps have been lying dormant for some time. The fertility of ideas and a desire to create something, combined with the Knight of Wands, will make for a wonderful month of abundance in some area of your life. You will have more than enough, and may feel a pull to be outdoors more. A connection to the Earth can help bring

vitality and love of life to you now.

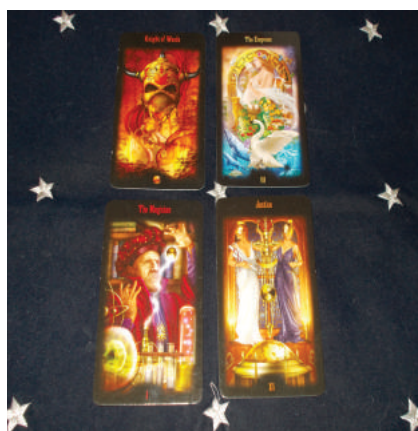
THE MAGICIAN: Get ready to bring into the physical world that which you would like to create. It is as if you have a magic wand and have the ability to use the Law of Attraction to full advantage, if you so choose. Once again, the cards are encouraging you to recognize your own power and bring forth something that in the past may have been out of reach, or even what you perceived as impossible. Anything can happen this month, and the Magician encourages you to believe in yourself, set the intention, and take action to bring into your life something that you have been thinking about but have not put

forth much effort to bring about. You are strong and powerful, so get started now!

JUSTICE: Start off the month by realizing the importance of being fair to yourself. This will help bring things more into balance. For example, if you have been putting the needs of others before yourself, then take time to do something special for yourself to acknowledge that you are just as important as those you care for. It is wonderful to help others,

but the energy of this card encourages you to think also of you and what you want. If you are seeking more harmony in your life, this is a good place to start. This may also be a sign that now is the time to accept responsibility for past actions, being kind to yourself when remembering any mistakes made. Do what is right in all situations, acting on ethical principles.

TRENDS FOR THE MONTH: There will be a lot of positive action in store during the month, for what an energetic, action-oriented month it has the potential to be! The interesting thing is that three of the four cards are Major Arcana, which means that their energy will be with you a bit longer, and they are more significant for you during the month. Spirit is telling you to pay attention to these messages, for they are important for you to know. Therefore, take heed that July can be a month of wonderful creativity with a steady flow of ideas. Recognize your power to create the kind of world you would like to surround yourself with, realizing the importance of thinking and taking care of yourself. Key ideas are kindness and support, loving yourself, seeing the possibility of miracles and magic, and focusing on balance. What a wonderful month it can be, so look forward to an action-packed time where things really start to get off the ground.



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Parsley: The Lore and Legend

Brenda Cobb

Parsley is one of the first herbs to appear in spring and has been used for centuries in the Seder, the ritual Jewish Passover meal, as a symbol of new beginnings. In Greek mythology, parsley sprang from the blood of Opheltes, infant son of King Lycurgus of Nemea, who was killed by a serpent while his nanny directed some thirsty soldiers to a nearby spring. One of the soldiers, the seer Amphiaraus, saw the child's death as a bad omen and predicted his own death in an upcoming battle.

For centuries Greek soldiers believed any contact with parsley before battle meant death. Because of this association, parsley was planted on Greek graves, a custom that ironically led to its rehabilitation.

To honor the memory of important figures, the Greeks held the Nemean games, crowning the winners of the athletic contests with wreaths of parsley. Over a few centuries, the herb lost its association with death and came to symbolize strength. The Romans fed it to their horses on the theory that it made them swift, and they wore curly-leaved parsley garlands in their hair, not only because they were attractive but because they believed that nibbling on parsley enabled them to drink more wine without becoming drunk.

In medieval times, parsley was thought to belong to the devil, with Good Friday being the only day of the year on which it could be sown successfully, and then only if the moon was rising. Before the plant would grow, the seed was thought to go to the Devil and back seven times, and would only grow successfully if the woman was master of the household.

In Devonshire parsley is considered to be a most unlucky plant. One may break off a few leaves, for that is a benefit to the plant, but if one should pull up a stalk, even to transplant it, the sprites who guard the parsley-beds would be seriously offended, and would have their revenge by sending death to some member of the family.

Parsley is believed to be indigenous to Sardinia, Turkey, Algeria, and Lebanon, where it still grows wild. It is a member of the carrot family and there are more than thirty-seven varieties, including broad-leaved, curly-leaved, Hamburg and Neapolitan (Italian) parsley. The mild curly-leaf is prettier as a garnish, but the flat-leaf Italian has a stronger, more intense flavor.

Parsley has a tangy, sweet flavor that helps bring out the flavor of other herbs and seasonings, particularly in soups and stews. The stems have a stronger flavor than the leaves, but both are used to flavor sauces, soups, salads, omelets, and stuffings, and can be used as a decorative garnish for virtually any dish. It is also available in the form of dried flakes, although these are nowhere near as good as the fresh. Parsley is high in vitamin C and iron and good to add to foods whenever possible. Because of its high chlorophyll content it works well to absorb odors and makes an effective after-dinner breath "mint." It helps facilitate oxygen metabolism, cleanses the blood, dissolves sticky deposits in veins, maintains elasticity of blood vessels, and helps in the removal of moderately sized kidney stones and gallstones. Add parsley to your daily health regime for wonderful results.

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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Mango Parsley Salsa

1 large ripe mango
1 avocado
1 green onion
3 Tbs. fresh parsley
1 Tbs. fresh cilantro
1 Tbs. fresh lime juice
1/4 tsp. Himalayan salt
pinch cayenne pepper

Chop the mango and avocado into cubes. Slice the green onion including the green tops. Chop the parsley and cilantro leaves. Combine all with the lime juice, salt and pepper and toss well. Put a large scoop on top of lettuce greens or splurge with some dehydrated flax crackers.



WHAT YOU NEED TO KNOW TO HEAL FROM BETRAYAL

The Intuitive Therapist ... Janis Cohen



Most people's bucket lists include traveling abroad, seeing your favorite singer performing live or doing something that tests your fear factor. I'd be willing to bet that being betrayed is not on your bucket list. Unfortunately, betrayal happens to most of us, at some point in our lives. If it has happened to you, and you have had a hard time moving forward, you'll want to keep reading. I have worked with hundreds of clients over the years to help them heal from betrayal. I know what it takes to recover from it because I've experienced it in my past. I know the work that I had to do to understand it and truly rise above it and I'd like to share some valuable nuggets with you.

There are two challenges that prevent you from healing from betrayal:

1. *You continue to hold the perpetrator responsible for your pain.*
2. *You don't take responsibility for your part in your pain.*

To begin your healing journey, it's important for you to know the following:

You summoned betrayal into your life for your growth. Prior to incarnation, your soul developed an earthly plan for you that would foster your personal and spiritual growth. If you have experienced repeated betrayals, then your soul has a back-up plan that includes multiple scenarios to teach you this life lesson. Those who experience betrayal must learn how to trust themselves completely, raise their standards and develop healthy relationship boundaries, for example. Each time you fail to learn from a betrayal experience, another one will come around until you master this life lesson.

You need to know what you ignored. There are always signs from the beginning of a relationship that let you know if the relationship is healthy or not and if you are participating in it in a healthy way. If your relationship has included a betrayal experience, you most likely chose to ignore small-

er red flags in your partner's behavior and in your own choices within the relationship. For example, maybe you chose not to challenge your partner's evasiveness, for fear that it might cause relationship upset. Maybe, you choose to stay in the dark about the finances, because you don't want to take on that responsibility. For a relationship to be healthy there must be open and honest communication between partners- about everything. Each partner must look at how he/she contributes to a healthy or dysfunctional relationship dynamic.

You regarded your participation in the betrayal as involuntary. In your relationship, you have created and allowed specific dynamics to develop and exist. While you are never responsible for another person's choices, you must take responsibility for yours. You may not have given your partner express permission to violate your trust, but on some level, over time you allowed behaviors to occur in the relationship that contributed to the emotional, financial or sexual infidelity.

Here's how you can heal from betrayal.

Understand why you ignored the red flags. Not only must you look at the dynamics in the relationship that contributed to the betrayal but you must also look at why you created and allowed those dynamics to exist in the first place. Did you need financial security? Were you raised in a way that fostered these behaviors? Were you afraid to be single? Did you need to keep up appearances? Did you lack courage to speak your mind or believe that you didn't deserve more from a partner?

Whatever your motivation was for accepting a less than healthy partnership, understand that decisions parent every action. If you don't address relationship challenges proactively, they can often develop into major relationship disturbances. Make a new commitment to yourself.

It can be difficult to have full transparency with yourself. However, if you learn this incredible skill, your ability to detect unhealthy behaviors in a relationship will become laser sharp and you'll never make the same mistakes in relationships again.

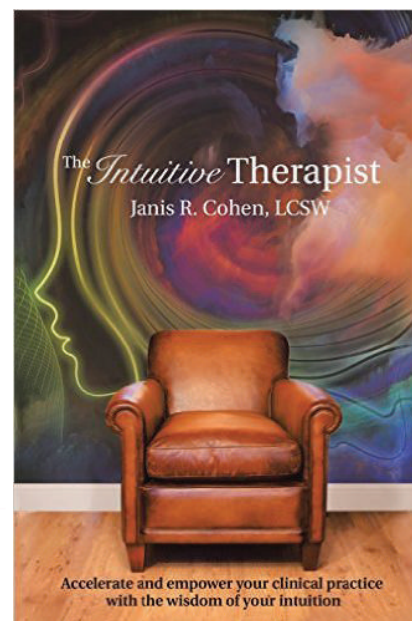
Once you become clear about what needs you have that motivate your decisions, you can begin to see what you signs you dismissed and why. Armed with this new knowledge, you can now form a revitalized relationship with yourself that feels valuable and self-respecting.

Betrayal experiences can be some of the most powerful and transformational experiences that you can ever have. Instead of drowning yourself in the pain of the betrayal, give yourself the opportunity to learn and grow from it.

Everyone and everything in your life is your teacher. Make a promise to yourself that you will no longer dismiss the gut feeling that alerts you that something isn't right or brush off someone else's behavior that bothers you.

Your relationships could be at stake.

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. You can reach her at www.janisrcohen.com.



WHEN THE CHOICE IS HARD

Michael Kulvaranon

Remember a time in your life when you had to make a difficult choice? For example, perhaps you had been searching for a job. Then, you were finally offered two different positions. However, it is not so easy to choose one. Perhaps the first job as an IT technician pays well and the co-workers are easy to get along with, but the office takes an hour to get to and the job requires a lot of concentration in a hectic environment. The second job as a security guard is close to home and has a more serene work environment, but the pay is not as high and since it is a night shift, you will likely be working alone without seeing many other people. Which choice is the right one? Is there a "right" choice? It is not so clear-cut, as modern philosopher Ruth Chang, author of the book *Making Comparisons Count*, asserts in her talk "How to make hard choices."

In her speech, Ruth Chang tells us that "hard" choices are often thought about in the wrong manner. A choice between two jobs, each with its pros and cons does seem like a difficult, life changing decision. But what makes it such a "hard" choice? One side has good and bad things, and so does the other. Compared to, say, deciding between whether to eat a healthy bagel or a sugary cereal for breakfast, deciding between two jobs seems like a harder task.

In Ruth's eyes, these choices are the same. For breakfast, a bagel gives you more nutrients, but it is not as tasty as a sugary cereal that does not give as much vitamins. If you strip the choice down to its bare essentials, it basically becomes the same as deciding between

two jobs. Each side has its pros and cons. So in this sense, choosing a job and choosing breakfast is equally as "hard".

The nature of decisions makes people think that they have to be able to be justifiable in a quantitative sense. Surely, if one choice has more plus points than the other, then that choice must be the better one to choose. Not necessarily, Ruth points out. In her life, she once was at a crossroads, like many other people getting out of college. She could have either been a lawyer or a philosopher. Since being a lawyer was more of a guarantee for many things such as job stability and money, to her it was the "safe" choice, rather than taking the uncertain road of a philosopher. But after a while, she began to realize that being a lawyer was not her calling. Because of her choice, Ruth says that "fear of the unknown, while a common motivational default in dealing with hard choices, rests on a misconception of them. It's a mistake to think that in hard choices, one alternative really is better than the other, but we're too stupid to know which, and since we don't know which, we might as well take the least risky option. Even taking two alternatives side by side with full information, a choice can still be hard. Hard choices are hard not because of us or our ignorance; they're hard because there is no best option."

So how should we think about difficult choices we face every day? One way to think about choosing between multiple options is not to try and quantify their values simply on what pros and cons that they offer. Just because one option has three cons and two pros

compared to the other's three pros and two cons does not automatically make the first option worse than the second. What matters most is what those options' pros and cons mean to you. This way of thinking about decision making, as Ruth talks about in her speech, is not easy in our world of quantitative value. Where everything is defined in numeric value, whether it be length, mass or weight, it seems obvious that even life choices should be able to be represented in numbers.

While not as simple as assigning bare values to each choice's good and bad points, scientists have begun to delve into the world of defining the undefinable world of decision making. However, it is only really possible through the method of thinking that Ruth and various other researchers like her assert: assigning values that are important to the decision maker.

In recent years, researchers have come up with a theory of how to process and define values for difficult choices, called the Analytic Hierarchy Process, or AHP. The AHP is a theory of measurement through comparisons and relies on the judgments of experts to derive priority scales. It is these scales that measure intangible values on relative terms, and these comparisons are made using a scale of absolute judgments that represents how much more one element dominates another with respect to a given attribute (Saaty, Thomas). In short, the AHP helps to measure the benefits of choices in respect to each other and the objective of the decision-maker.

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WHEN THE CHOICE IS HARD


For example, for a decision on what sort of job to work after college, working in a certain company or teaching in a certain school, there are various conditions that are set up to assign value to each choice, such as flexibility, opportunity, security, reputation and salary. In addition to these values, some are assigned much more specific values under them. For flexibility, it can be defined in terms of location, the time it takes to get to the job and how much work you will be assigned on a daily basis. For opportunity, sub criteria can be assigned as whether the job has entrepreneurial opportunities, what sort of salary potential it has and what is the top level position you could rise to. Again, all these values and criteria are defined only in terms of their relation to each other and to what the objectives and important criteria the decision maker has. If a job is close to home but has low pay, yet the decision-maker deems that a short drive is more important than salary, the value for the "time it takes to get to work" criteria for that job becomes higher than the same criteria for the other job choices. Assigning all these values and criteria can become immensely complicated, but it has been shown that such a theory of decision-making has some merit. Many corporations and even political agendas have used this process to figure out the best choices to make for whatever objectives were deemed important.

While one person is not an entire corporation, what is necessary is to understand the thought process behind such a theory of decision-making, which is something that Ruth wanted to point out in her talk: Decisions depend on the person making them. One should

not agonize over whether or not a decision is "hard." All choices are difficult in some way or another, no matter how life-changing they are.

It is important to realize that whatever choice a person makes defines who they are. Ruth chose to become a philosopher over a lawyer because that was who she was. If a person decides to eat a tasty sugary cereal over a healthy bagel, it may be because that person is someone who prefers to eat what they like. People should not stress over what is good or bad for choice alternatives, but rather they should ask themselves this question: "Who am I to be?" What we do in our lives is up to us, not based on what others may tell us is a "better" decision. And as Ruth says, "Far from being sources of agony and dread, hard choices are precious opportunities for us to celebrate what is special about the human condition, that the reasons that govern our choices as correct or incorrect sometimes run out, and it is here, in the space of hard choices, that we have the power to create reasons for ourselves to become the distinctive people that we are. And that's why hard choices are not a curse but a godsend."

Michael Kulvaranon is UIF blogger and intern who shares the same mission as UIF and wants to help others manifest their passion through the power of intentions.



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Awakening The Goddess



By Crystal
Starshine

Have you ever just laid down all your walls, felt the music and danced the night away? If so welcome to the world of my style of Priestessing.

Let's take you to a night of ritual energy.....

Surrounding the altar, holding hands and raising the vibration with a gentle hum, the energy rises and begins to encircle the women. The quarters have been called and the Goddess invoked, a shield of protection is around them as they work their magic between the worlds. The ancestors are surrounding them and the room is full, orbs are flying to and fro and the candle light flickers. The smell of incense, oils and brews are filling your every senses. Singing ensues with every voice to their own chord and the energy continues to rise. You begin to sway back and forth to the same rhythm as the women next to you, the energy is building. The drums play, your feet are pounding the ground, your voice is raised in tune with those around you. Can you hear the angels singing? What about the chanting of your ancestors as they encircle the room?

You move around the center altar chanting and calling out your prayers throwing herbs and paper you have inscribed your desires upon into the center cauldron or fire. You watch the smoke rising knowing that you have been heard. The energy has reached its peak and begins to slow as all have been witnessed in this rite. You pass the sacred wine and cakes around blessing each woman. The valedictions are complete and the dancing begins as the sacred post ritual playlist begins. You fiercely dance letting all your walls down, swaying to the beat, singing along to your favorite song. The sweat beads upon your skin and the moonlight makes it glisten and sparkle. Your sisters are swaying and playing the energy in the room as you sing and dance you are each entranced with each other's presence, you see the spirit and wildness of each woman. A howl of one in your circle causes the rest of the pack to turn their heads to the moon and unleash a howl of joy and happiness.

Every woman is each in their own sovereignty, feeling her own power and energy moving through her chakras, opening her knowingness. She is Queen of her own rites, she is a Goddess incarnated, a Priestess of her temple as she moves through the night. Each song singing to something within her, waking up her mysteries, recalling the mysticism within her, she is flying high upon the force and vitality of her being. A night she will likely never forget due to the vastness of drive she felt within her bones to move her body in ways she thought was impossible. The awakening of the Priestess Wild, knowing she has risen and returned to herself.

It is my wish that each woman can rise and find the wildness within her soul, letting down the walls of preconceived notions of beingness forced upon us by society, telling us we are not enough or too much. Find your own rhythm, your divine tune and go with the energy that encircles you and dance like there is no tomorrow and as if not a soul is watching you. It is said that all acts of love and pleasure are her ritual and dancing is my ritual.

You can find me and my post ritual playlist on Spotify under Crystal Bates.



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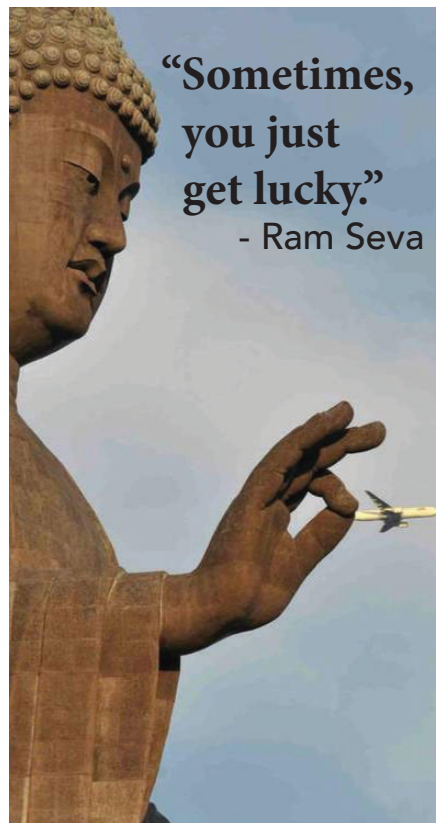
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TRUMP, The Great Disrupter

With an approval rating in the mid to low 30s and all but the very die-hard abandoning the Trump ship, let's take a higher look at the President and his actions and how they fit into the Aquarian New Age.

Identified as a disrupter, Trump's divisiveness leaves little room for a middle of the road supporter. You are either all in or vehemently opposed. And for those who are on the resistance side of things, who better than he to galvanize millions into action?

Right after the election, my guidance brought in this channeling:

After the most divisive election the United States has ever known and believe us when we say, all is for the greatest good. In order to expose the underbelly, the shadow if you will, it must be exposed. Although many of you may not agree with the manner in which Donald Trump went about revealing and uncovering some of the deepest darkest thoughts of mankind, expose he did. Were there lies, indeed, but on both sides, but we are not here to debate that. We are here to help you understand why there was such an upset and to give you a glimpse into the whys and plan for moving forwards.

Hillary Clinton has a Divine Mother energy that eventually would have healed many, however she was not enough of a disrupter to bring about the sudden and distinct change necessary to heal quickly. Her patterns and experience would have settled comfortably into the status quo and allowed the system to attempt the healing. The point being, healing and change would have happened regardless of the candidate, hers would have been a kinder, slower, gentler kind.

On the other hand, Donald Trump in tapping into the darker unspoken feelings of people, has uncovered many hidden thoughts and feelings of discontent many have felt but not spoken. We assure you that much of his pre-election rhetoric was



merely that, playing a role to bring up the vile underside of humanity. He is a master of tapping into the weaknesses of people and that is what is needed at this time. Sure and swift change, brought about by massive malcontent. Not only is he an agent of change, he also has been gifted a congress to bring about swift shifts.

Now before you panic, do not discount that we have a few tricks up our cosmic sleeves and we will not leave you with a maniacal tyrant, not at all. We are here to allow your government to govern. It is time for the Congress to put aside their partisan ways and govern. And this election has spoken loudly to them, they recognize that there is a need for change and for action. All of this is possible, even though they have not demonstrated that type of response in the past. And that is where YOU come in. Faith, justice and the American way....what you focus on expands. So the choice is yours. Are you going to focus on campaign divisiveness and rhetoric that was spewed to cause reaction and drive the electorate apart? Or is it time for you to focus on what is in your heart and soul and begin to envision the kind of life you want to lead?

That channeling was in November and as of this publication in July, there has been little movement from Congress working together. But let's look at some

of the things that have come about because of the polarization of this president:

Millions of people have become involved in government; calling congressmen, voting, campaigning and starting to run for office, whereas they were silent before and felt their voices weren't heard.

Cities and states stepping up to maintain and enforce climate controls since Trump pulled out of the Paris Agreement.

Increased involvement at the local level to maintain and improve upon programs cut from the federal budget.

Outrage over the travel ban, immigration orders and Justice Department dictate to prosecute drug offenses to the maximum sentence, with states seeking legal injunctions to not comply.

The disruption sparked by the President has ignited engagement, interest and activation of the masses. No longer willing to idly sit by and watch all that they value be stripped away, this presidency has done what none other has been able to do, unite. Although our united front may be to preserve basic rights such as clean air, water and equal rights, make no mistake it has brought us together for a common good.

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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Sound healing works like the cry you make when you stub your toe, said Jonathan Goldman, the director of the Sound Healers Association in Boulder, and the author of "Healing Sounds: The Power of Harmonics." "Have you ever been able to stub your toe and not make a sound?" he asked. "It hurts a lot more."

The cry, he suggested, may stimulate endorphins or create resonance with the part of the body that is in pain and lessen it. Or, he said, the cry you emit may simply distract you from the pain.

Dr. Gaynor distinguishes between curing and healing. To "cure" means physically to fix something, whereas "healing" refers to wholeness, a union of the mind, body and spirit, he said. Dr. Gaynor, who has an oncology practice in Manhattan, considers sound healing integrative medicine: not an alternative to science but a complement to it.

He leads free biweekly support groups for his patients that involve chanting and playing Tibetan singing bowls. The bowls are made of several kinds of metal; when struck gently on the rim with a wood baton, they vibrate at different frequencies, making sounds not unlike church bells.

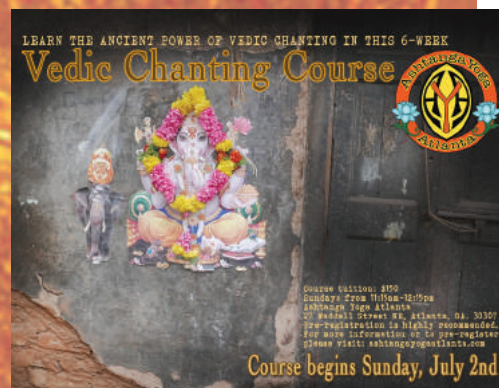
When Marisa Harris of Manhattan first saw Dr. Gaynor with one of his Tibetan bowls she thought he was going to prepare pasta. But when he began to play them, she said, it was the first time since she had been diagnosed with Stage 4 pancreatic cancer that she could hear something other than the words "you're going to die."

"It was as if all of a sudden there was room for possibility," she said. The sound, Ms. Harris said, penetrated her body and made her feel as if it were not only her thoughts about death that were breaking up, "but these poisonous cells, these cancer cells, were breaking up and I experienced something very healing." Dr. Gaynor likens sound healing to music therapy. In "The Healing Power of Sound" he cites studies indicating that music can lower blood pressure, reduce cardiac complications among patients who have recently suffered heart attacks, reduce stress hormones during medical testing and boost natural opiates.

But not everyone who partakes in sound healing is in need of medical treatment. Ms. Harada's husband, Greg Bergere, attended the sound healing classes in Emeryville even though he had no physical ailments. They left him feeling refreshed. "It felt like I just had a really relaxing night's sleep," he said. For some people, that alone may be worth the price of a singing bowl.

*Original Article by
Stephanie Rosenbloom
nytimes.com
Nov. 24, 2005*

SOUND HEALING EVENTS IN JULY



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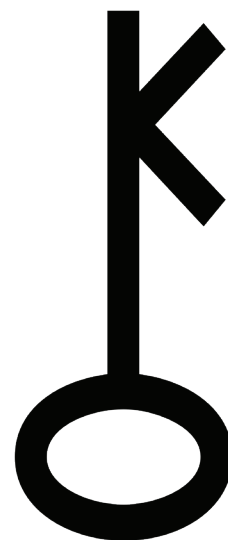
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Chiron at 50...

“The Chiron Return poses the question...what am I going to do with this last part of my life?”

- Astrologer Melanie Reinhart



In honor of the 25th anniversary of The Aquarius Magazine we pull from our archives The Chiron Return at 50. At 25 each of us face our Chiron oppose Chiron, the soul level impulse to pass our first 25 years and determine to launch and reinvent our psyche for the next 25 years. Those next two decades and a half will be loaded with healing on every level, as we as an individual or as a publication strives to unlock or have unlocked our most authentic and true capacity, that clearly separates from that which came before.

The Chiron Return poses the question: What am I going to do with this last part of my life?

- Astrologer Melanie Reinhart

After the Saturn Return at 30, and the midlife crisis at 40, one of the lesser known, but most significant rites of passage, at 50, is the formidable Chiron Return. It is, perhaps, due to the relatively new discovery of Chiron, in November 1977, that so little is known about this profound period of transformation, that reveals so much about the secrets of the human psyche.

Neither planet nor asteroid, Chiron has been determined to be a comet or planetoid (minor planet). Found between the orbit of Saturn (representing tradition) and Uranus (representing progress), Chiron forms a bridge between the old and the new; historical origins and individual expression. Chiron mediates between the conscious awareness and reality-basis of the practical personal and social planets (Sun through Saturn) and the multi-dimensional cosmic consciousness of the outer planets (Uranus, Neptune and Pluto). It provides a gateway forward or back, whichever is deemed essential for growth, forming our own link between the natural and the supernatural;

the physical and the metaphysical. Part horse and part human; part mortal and part immortal, Chiron, a Centaur, is associated with the archetype of the “wounded healer.” Mythically, Chiron, born a mutant, was rejected at birth by his mother, who thought him an abomination. Chiron was forced to raise himself. Facing many rejections and trials, ultimately, his accomplishments as a great teacher and healer (he was personally trained by Apollo), self-sacrifices (he relinquished his immortality to Prometheus who was imprisoned in the underworld for bringing fire to earth), and wisdom (tutored personally by Athena), brought him the respect of Zeus, who gave him his own constellation.

In our own charts, Chiron represents (and is given definition, by sign, house placement and aspect) where we feel fundamentally wounded. He also embodies our dualities and inner contradictions: where we have the potential to be both godlike and human; instinctive and reasoning; where we feel most rejected and ashamed, but where, too, we have the capacity to heal.

The fact that Chiron has been so difficult to categorize is emblematic of the Wounded Healer's dilemma: that of feeling unable to find one's niche or place in the world. Hence Chiron in our charts also represents where we feel disenfranchised and where we can contribute most to those who themselves feel to be outcasts.

Chiron, himself an accomplished teacher and healer, is thought to be prominent in the charts of healers, astrologers and spiritual teachers. The glyph or symbol of Chiron is both, the key and the key-hole; so many consider that Chiron provides both the key and the access

to the kingdom, the pathway of our magical quest or to our ultimate purpose. The symbolism goes further to say that embodied in the primal wounding of a being, either physically, spiritually or incarnationally, is the secret to their healing.

Once mastered, this healing can be taught, through practical application or example, as a powerful antidote to others to transform their wounds into profound sources of healing.

Perhaps the most universally acknowledged image of Chironic consciousness is the image and person of Christ. Other famous Chironic figures in our culture include Martin Luther King, Jr., who was born with Chiron direct and stationery, inspiring many future generations with his “dream.”

Another Chironic theme is the conversion of the “ugly duckling” types who metamorphsize at 50, just as Chiron returns to the position it was at birth. Some of these include Henry Kissinger who became Secretary of State and was awarded the Nobel Peace Prize; William Faulkner who won the Nobel Peace Prize for Literature and Henry Ford, who introduced assembly line into his factory - all these accomplishments happened after 50.

Turning 50, or thereabouts (for some, it is 49; others's 51) marks a new paradigm, as Chiron returns to its natal position. This momentous watershed delineates the end of the heroic youth, as we enter the realm of “elder. Like the Chinese character for crisis, the Chiron Return represents a “dangerous opportunity.”

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Here, we revisit ancient patterns; have the opportunity to go back to the source of our deepest, unresolved wounds; to heal them, once and for all, so that we can live the remainder of our lives in keeping with our true soul purpose.

During this critical time, we may relinquish that which is misshapen or inauthentic; we may re-order our priorities; or liberate the un-lived passionate expression of our spirit, living a life which is intimately creative and restorative to our true selves. By accomplishing this, we can congruently contribute to the fundamental healing of ourselves, our family or soul group; our society, and our planet.

Some say, however, that it may not be possible to fully understand the repercussions of this passage, until Chiron itself has completed an entire cycle, in the year 2028, 51 years after its discovery. It should be noted that Chiron plays a profoundly different role at the epicenter of Magi Astrology as a delineator of destiny fulfilled, soul mate connections and ships coming in.

Cathy H. Burroughs, former VP, Metropolitan Atlanta Astrological Society, has a successful astrology, private psychic practice and teaches astrology (all levels), psychic development, tarot and more. Her articles on astrology have appeared in The Review/Journal, The Aquarius newspaper, The Oracle. She has published nationally in major arts publications, as well. A twenty-five year practicing astrologer; Cathy teaches extensively and formerly was on the faculty of the Atlantean Mystery School Faculty. She has been seen on national cable NYC; Good Morning, Atlanta; Your Health Today and on The Lucky Yates Talk show at Dad's Garage Theatre. For more information, she can be reached at (404) 292-2000 or cathybro8@aol.com. For more about Cathy's psychic and healing practice (she has Chiron herself conjoined the North Node on the 7th house cusp), check out www.psychicsolutions.tv or call/ text: 404-543-1080.



I like to organize things. Okay, as an organizer I'm borderline compulsive. When I shop for jeans and the sizes are mixed up on the rack, I have to put them in order (you're welcome Wal-Mart). Planning ahead is also part of my organizer syndrome. That includes planning trips in detail, even short ones. Some years ago I planned the exact route I'd take to run an errand so that I'd get back to work on time. But on that excursion something amazing happened that I could never have planned or even imagined.

It was payday Friday and I wanted to deposit my check at my bank across town during my one-hour lunch break. The round-trip drive from my Newport Beach office to my bank in Costa Mesa was about 15 miles. I was in a big hurry as usual which made me tense. (I also have a thing about never being late.) The route I'd planned to get me there and back as fast as possible was on surface streets all the way.

As I set off in my Hyundai hatchback, not only was I stopped by red lights at every single intersection, I encountered road construction on waaaay too many streets and I found myself behind every slow driver in Orange County. I got madder and madder, swearing like a sailor to punctuate my rage. The angrier I got, the more obstructions seemed to be in my way.

Halfway there, while fuming as I waited for another red light to turn green, I happened to glance into my rear-view mirror and catch my reflection. I saw the anger in my eyes and felt its energies churning within me. A mental light bulb went on. You, angry one, are creating this reality. By resonating with all that anger and frustration inside me, I realized in that moment, that I had been attracting more and more things to be angry about! Having anger wasn't

the problem; harboring it was. (As a metaphysician, I know that I create my own reality. Actually taking responsibility for it often takes longer.)

Still idling at that stop light, I consciously released all that anger inside me and forgave myself for not taking responsibility to do so sooner. I felt the anger and tension lifting up and out of me. Then I decided to think about the wonderful creative project I wanted to begin. For the rest of the drive to my bank, I felt happiness and enthusiasm as I focused on the painting I would make and the "Peace on Earth" greeting card I was going to create from it.

I arrived at the bank and found the large lobby crowded with long lines to every teller's window. No problem. I felt serene. I got at the end of one long line, and other walk-in customers stepped behind me.

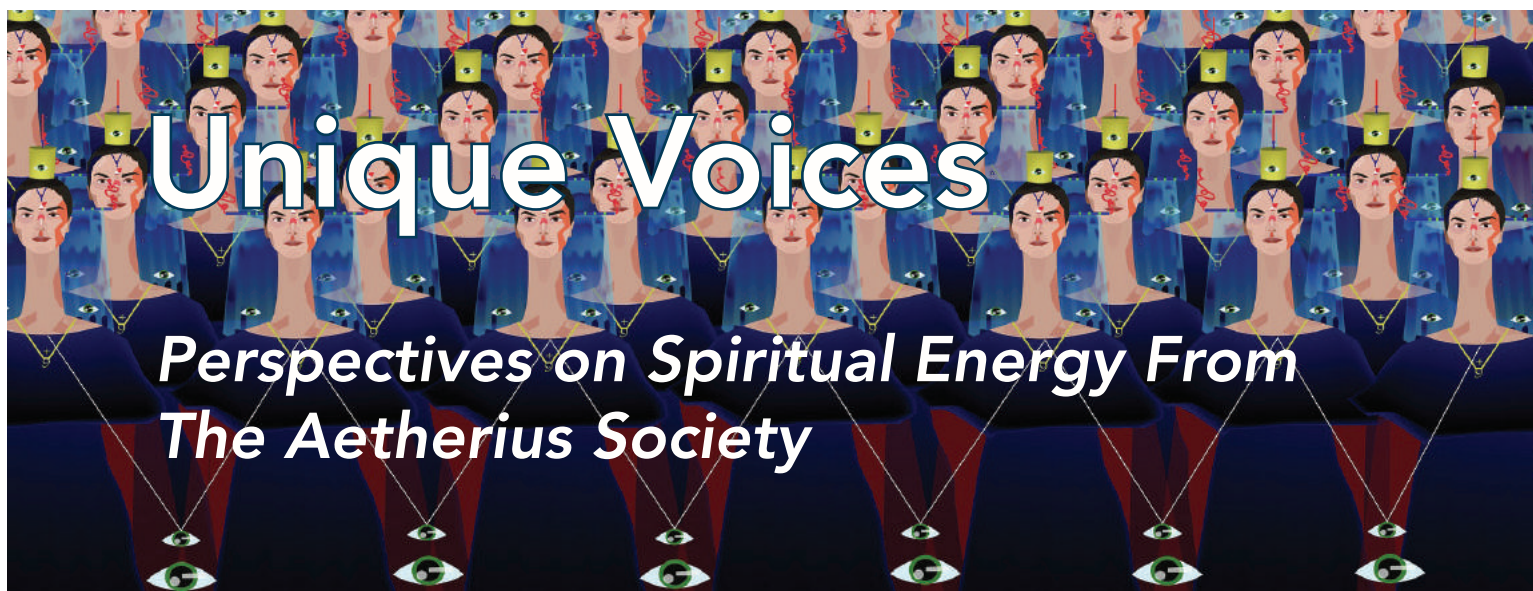
I was there for only a few minutes, now buried in the middle of the long line, when a loan officer arose from her desk far on the other side of the vast room. She walked directly to me and asked if she could help me. I followed her back to her desk and handed her my bank deposit. There was no logical reason for this to have happened. That is the definition of a "miracle."

Quietly, gratitude and joy filled me as she quickly completed my transaction.

I knew that I had allowed this wonderful and unexplainable experience to occur by changing my own resonance before I went into the bank.

I happily sailed back to my office in plenty of time without any obstacles to slow me down.

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Spiritual energy is no less real than any other energy, like electricity for example, but is vastly more important. Spiritual energy is prana (also known as “universal life force” or “qi”) carried by pure love.

Invoking spiritual energy

Spiritual energy is invoked by any true spiritual or humanitarian motive. Anyone who is following their higher aspirations, who is being of genuine service to others, who is coming closer to a realization of their own Divinity – is invoking this energy to some extent. One of the simplest and most potent ways of doing this is through prayer – especially when done according to yogic principles.

It should be stressed that this is a natural process – not a supernatural one. The energy comes from God – as all things do – but it is nevertheless an aspect of nature – albeit a higher aspect which science as we know it does not yet understand. The quantity and quality of energy invoked is determined by precise metaphysical laws, not by the whim of a mythical deity. Likewise the greater the quantity and quality of this energy, and the better it is directed to its target, the more effect it will have.

In simple terms, if one person prays for world peace for five minutes, in a rather hopeless, apathetic fashion, that person will not invoke enough energy to have much effect on the world – though this is still better than not praying at all. However, if you had ten million people praying for world peace for an hour, with all their hearts and souls, and full concentration, this would have a very marked effect on the state of the world – no matter what their religion was. *The spiritual energy crisis and how to solve it*

The primary energy crisis on Earth today is the spiritual energy crisis. If this crisis were solved, no other energy crises would exist. The problem, as Dr. George King of The Aetherius Society has explained it, is that people put their “gross physical energy desires” before their “spiritual energy needs”. It is practical applied spirituality – spirituality united with an open-minded yet precise scientific approach – which will herald the dawn of a new and better world for all.

The Age which is breaking now, brings with it great possibilities and is the age of science. Science, by itself, is like the soulless wanderer of the realms of night. Yet a warmth will come out of love, to fashion it into a tool, so that it becometh as a wise man, finding his home. Warm it with that love, my brothers. Let that wondrous, everlasting power from your hearts fall upon this science, so that it becometh as a tool in the hands of everlasting Divinity, and not that soulless thing which you have made of it.

- Dr. George King

One way to look at the spiritual energy crisis is by examining the problems which exist on Earth today. It is self-evident that a large proportion of these problems boil down to one thing: the way people think, and the way they act as a result of thinking in that way. Selfishness, petty greed, jealousy, untamed lust, violent anger, vengeance – all these things are the result of the low level of spiritual consciousness prevalent on this planet. Spiritual energy raises consciousness, thereby reducing these problems.

To many people, the causes of problems such as famine, drought, earthquakes, and other types of so-called natural disaster have nothing to do with human-kind; these things are simply regarded as

random misfortune. Whereas, in actual fact, certain natural disasters are the direct result of our abuse of our environment – especially through nuclear experimentation.

Looking at it at a more subtle level, every thought we think has an effect on our environment. All the violent emotions associated with war, for example, cause the release of negative energy to the devic kingdom (i.e. nature spirits), and this release in turn has an adverse effect on environmental conditions. In addition to this, we should bear in mind that the extent of human suffering, whether this suffering is caused by natural catastrophe or not, is inextricably linked to the law of karma.

All of us can help solve the spiritual energy crisis simply by being better people – by being the very best people we can possibly be – especially through service. Not “best” in a materialistic sense – but the best in terms of how true we are to our higher selves – to the Divine spark within us all which is what makes us what we truly are.

If we have an inclination towards spirituality, then all the better – let us pray with all our hearts and souls for a better world, but if we do not, there are still countless ways of genuinely helping others.

The Aetherius Society is an international spiritual organization dedicated to spreading, and acting upon, the teachings of advanced intelligences. It was founded by Dr. George King in 1954.

The single greatest aspect of the Society's teachings is the importance of selfless service to others.



Sensing Spiritual Energy - How To Feel and Sense Healing Energy

First of all, we are not talking about “ghosts” here, but the spiritual (not religious) level vibrational radiance from all matter in all dimensions, including non-physical ones. This is the emanation of the clear, clean, loving, primordial energy that allows things to exist. One day soon this energy will be universally recognized as the basic organizational level of all things. It is Creational energy coming through as the signature vibrations of individuated forms. Science does not yet have a way to reliably detect or measure this energy nor do the inane “ghostbusters” on TV shows. Fortunately, we can use our own higher senses to perceive and evaluate these higher vibrational frequencies. We can also tap into and make use of them to expand our consciousness, heal ourselves, help others, communicate with higher dimensions, and move forward on our path.

There are also subtle energies that are not so spiritual in nature. These are the vibrations of unbalanced, unloving, or disorganized thoughts, emotions, actions, and intentions from human Souls here on Earth or on the Other Side. These energies surround us all of the time and can detrimentally affect us along with the subtle frequencies of electromagnetic devices like cellphones, high tension wires, computers, micro-waves, etc. You may have sensed that you’ve been affected by some of them without being fully aware of it. Not to worry. As you learn to perceive subtle energies, you can also learn ways remediate the detrimental ones. Read on...

When and how do people notice or feel subtle or spiritual “energy”?

People sense subtle energy in different ways. Not everyone feels it bodily. Some people perceive it as colored light, “hear” it as a rising or falling sound or just “know” it. Some sense it in multiple ways at the same time or in succession. Some people can tell what consciousness, emotional, or situational “labels” are attached to subtle energy since energy can carry all possible outcomes at the same time. This is in fact what physicists have seen on the smallest level of matter, the Quantum level, where a particle can exist at many places at the same time yet still be only one “thing”.

To notice these subtle energies, you have to know that Spiritual energy exists. Understand that these Spiritual forces are not nearly as physically strong or readily noticeable to our five senses as the other kinds of energy (movement or Kinetic energy, heat, light, sound, electricity, gravity, etc.) that people interact with every day. If you’ve ever been “zapped” with electricity, you know what we’re talking about. Those energies we usually register only with our five senses of touch, taste, smell, feel, sight, or hearing. They are usually overtly apparent to us, even in relatively small amounts or strength as we have the ability to see in relatively dim light, sense minute temperature changes, or feel the brush of a hair against our skin. You’ve learned to hold your hand over a stove burner to feel if there is heat energy coming off of it before you touch it and can feel it quite far away if you tune in to the feeling of “heat”. If you pay attention, you may even be able to feel light falling upon your skin. What you notice, you are conscious of and what you are conscious of, you notice. So too with subtle energies:

Mesa Creative Arts Center Director, Brad Silberberg says this about sensing subtle energies: “When doing healing work or work with energy tools, I will often feel with my left hand by placing it on or near the source. I may feel a tingling or pushing sensation or feel a kind of heat coming from them, but not the kind of heat from a flame. This mostly tells me the strength and balance of the energy. I may feel other qualities contained by or attached to the energy somewhere inside of ‘me’ as well and use my practiced discernment to decode it. I sense energy with my whole physical body, my aura, chakras, and my expanded consciousness; what I call my ‘Felt Sense’. I believe I’m processing these sensations, in part, by using some of the 90% of my Human brain that Science says we ‘don’t use’ because they don’t understand subtle energy, how to detect, or measure it because it’s not electrical or chemical. It’s nonsense to me to think that so much of our brain is useless tissue. Nature and Creation would not have wasted that space.”

Can just anyone feel these energies?

We are ALL sensitive to subtle energies, but as a species have largely forgotten how to notice and interpret them. You’ve

probably had myriad energy-sensing experiences without recognizing them. One of the easiest energies to notice is “people energy”. (Why do you think shopping malls feel like they do?) Have you ever had the experience of pulling up at a traffic light and looking at the guy in the car next to you, only to have him turn and look back at you? Why did he do that? Because he FELT your attention energy and your consciousness focused at him and turned to see where it was coming from. His animal instincts told him to do so because some part of him was sensing that energy. Have you ever felt someone looking at you or felt someone silently enter a room behind your back?

Whether you realize it or not, you’ve likely already had experiences with feeling the Life Force or thought energies of people or places yourself. You’ve probably walked into a restaurant or motel room and just felt an uncomfortable “something” that made you decide to leave. If you thought about it at the time, you may have been able to describe it as a heaviness, staleness, sadness, or dullness. You may have even felt an uncomfortable humming or buzzing sensation somewhere in your body. You probably took your business to another establishment where you found the place feeling lighter, calmer, or happier somehow.

If you were to sit in a circle with a group of total strangers, besides what you see and hear you’d likely be noticing all kinds of things about them with your higher senses. What you are doing is using your higher senses to feel their energy without thinking about it. It is part of the sensing system that our ancient ancestors evolved to survive in a dangerous world, but because our current times are relatively safe compared to dodging saber-toothed tigers, this system has fallen into background of Human awareness in “developed” cultures.

Brad Silberberg is the director of the Mesa Creative Arts and Healing Center in Burgettstown, PA. The center is devoted to exploring energetic healing and creative intuition.

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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,
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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

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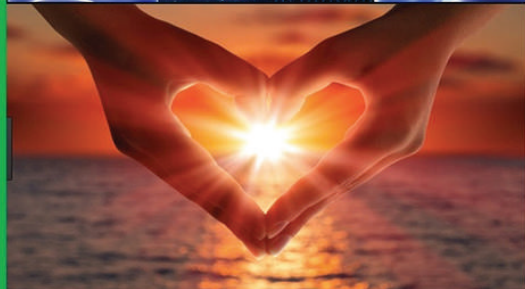
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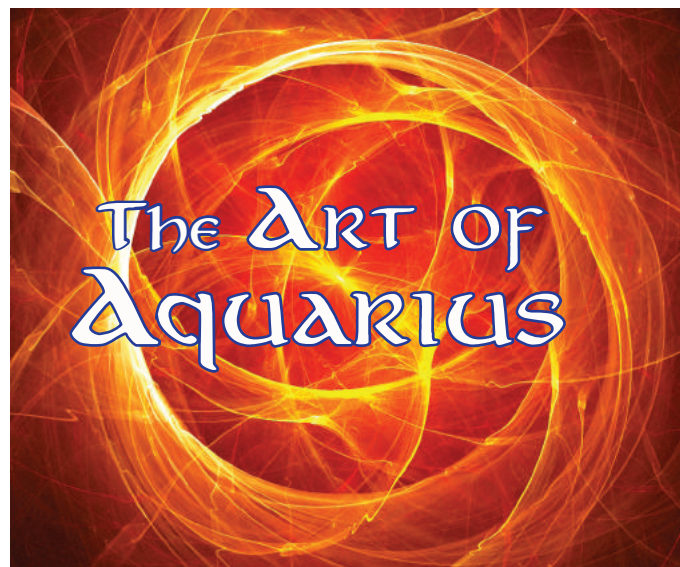


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Sophia is greatly inspired by the ocean and other wonders that mother nature offers us. Her work is mainly based in glass paints and acrylics, but her work undoubtedly will keep evolving and take on many new forms to further her artistic journey.

As an artist, she works hard to develop paintings that speak both to her and others about the depth and energetic connection of human emotions. The energy that flows through her during creating can later be absorbed and revived by the spectator, in a place beyond the physical sense.

You can explore more of Sophia's work at her website:
www.theartofsophiasabsowitz.com.



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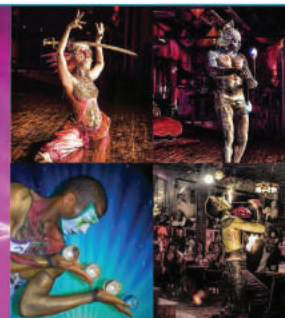
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For bookings or more info contact Cathy H. Burroughs at cell/text: (404) 543-1080
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Merry Bisogna ♦ Intuitive Tarot • Pendulum • Releasing Work

Explore the patterns of your life and how they will unfold into the future with Merry as she helps you find divine assistance through the messages of the tarot.

Caroline Brown ♦ Psychic • Medium • Channel

Loving and compassionate readings relaying information that comes via messages from Guides, Angels and loved ones that have crossed over. Her readings guide you to the core of the problem, teaching you how to heal yourself through the process.



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.

ErinMichael Finn ♦ Conscious Channeling • Intuitive Coaching

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.



Nancy Hedges ♦ Certified Astrologer • Tarot

With 36 years of experience Nancy offers astrological counseling to empower you with a clearer understanding of your life patterns, cycles, and options. She looks at qualities brought forward from previous lifetimes to help you assess what behaviors and mindsets need to be developed and what need to be let go.

Jackie Millspaugh ♦ Astrology • Tarot

Over 35 years experience, certified PMAFA, Certified Professional Astrologer and American Federation of Astrologers. She is well-known for her accurate predictions, and her intuitive and psychic ability.



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.

Don Simmons ♦ Palmistry • Tarot • Hypnosis • Past-Lives

Spiritual and crisis counselor for over 20 years. Certified hypnotherapist. Finding clarity in a confusing world is one of Don's specialties.



Candace Zellner ♦ Channel • Past Lives • Relationships

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