

Living, Loving, Thriving In The New Age

AQUARIUS

August 2016

Leo

July 22 - August 21

Sacred Sexuality

Sex...The Key to Healing Everything!!

Why Is Sex Sacred?

Tantra...the Magic of Human Connection

AQ Community

The Magical Muses

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MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY

There is nothing more exciting and inspiring than to announce the creation of a new business or service designed to help others achieve their Best Self. Magical Muses is a new center for healing and psychic support in the Metro Area, and we are excited to announce its creation and introduce you to the team of beautiful souls who have partnered together to launch this center. We connected with Sheila Polstein, one of the three partners that make up The Magical Muses, and asked her to share how the Muses came together, and what their vision for service in healing is all about.

Thanks for joining us, Sheila. Tell us how Magical Muses came to be.

The Magical Muses was created by Beth Peters; Lisa Thex and Sheila Polstein in February 2016.

Sheila Polstein had been working at The Magical Attic in Buckhead for 5 years when the building got sold. Lisa and Beth joined shortly after.

Not wanting to lose momentum in the metaphysical world Sheila, Lisa and Beth decided to create their own center and continue their work that they each love.

What do you see is the central focus of Magical Muses?

The Magical Muses focus has always been on trusting our intuition; putting faith to work and healing one heartbeat at a time.

Tell us a bit about you, and others involved in Magical Muses. When did you become aware of your psychic abilities?

Sheila Polstein is an intuitive astrologer who has been studying astrology since she was 14. She has professionally been creating charts for over 20 years. She was born gifted and uses the chart for her gateway in. Sheila grew up outside of Asheville and moved to Atlanta for college, married and is a mom. Sheila can be reached at 404-538-1414 for appointments.

Beth Peters was born gifted as a child. She is a Psychic/Medium/Animal Communicator and Paranormal Investigator. Beth is also an incredible teacher of psychic development and she also does Gallery Readings. She is available for parties and events. Beth is a mother, wife, friend and confident. Beth can be reached at 770-712-4010 for appointments.

Lisa Thex's intuitive gift open up to her about 20 years ago. Lisa is a Medium/Psychic/Life Coach. Lisa also specializes in Pranic Healing and House Blessings. Lisa also makes her owns sprays, oils and candles. She also does parties and events, and is a teacher. She is a wife; mother and a very wise woman. Lisa can be reached at 404-310-0555

I know that you (Sheila) have experienced loss in the recent past. How has this effected your passion to do psychic and spiritual work?

I lost my husband unexpectedly in 2009 and this loss caused me to put my pain into my passion for astrology, spirituality and metaphysics.

What do you see as the most important trends happening in the spiritual community?

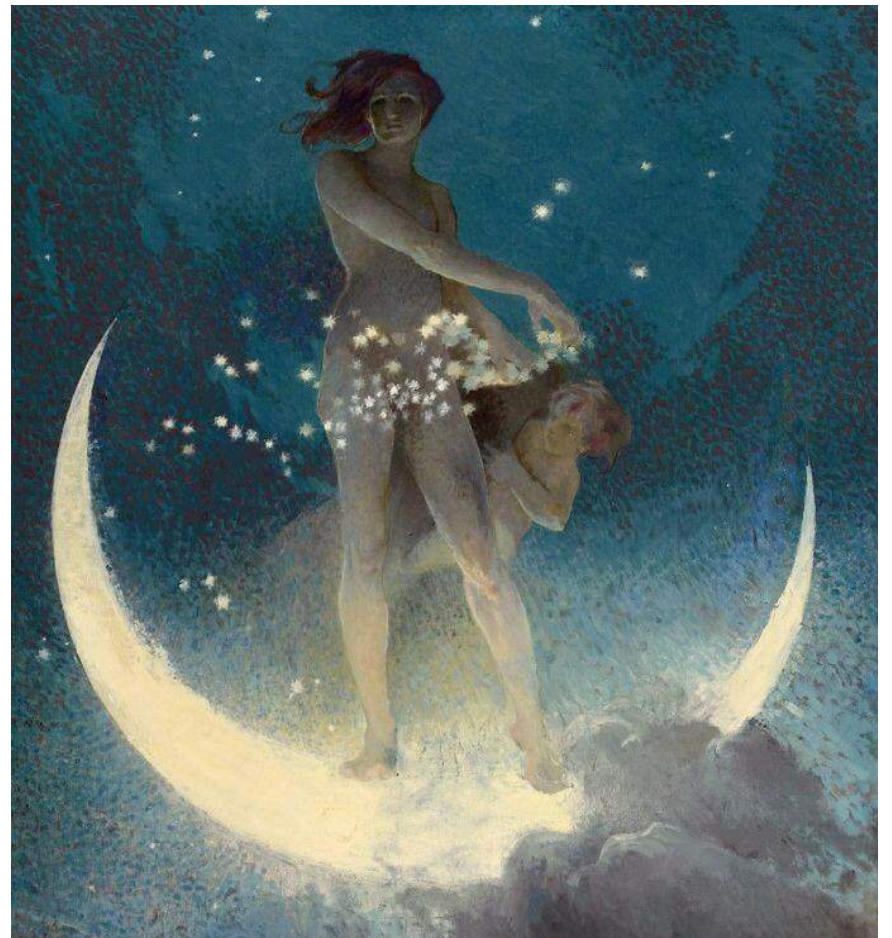
The most important trend we see...and it also aligns with our message...we are seeing that this metaphysical community and spiritual blessing belongs to all of us. Let's work together to make it stronger. There is no EGO (EDGING GOD OUT) here.

There is enough for everyone; let's all live and work to heal the planet one heartbeat at a time.

The Magical Muses



From left to right: Beth Peters, Sheila Polstein, Lisa Thex



Wherever two lovers are, there is God. Wherever two lovers' energies are meeting and mingling, there is life, alive, at its best.
- Osho

AQUARIUS

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

THIS MONTH

August 2016/Leo | ♌

The Age of Aquarius is bringing a new understanding of sexual identity expression, and liberation...and with it, personal healing and empowerment.



The **Peridot** is the birthstone of August. The stone's luminescent green color represents strength, fortune and peace. It's metaphysical properties include healing...especially healing that brings one from a place of lack to a place of abundance. May it remind us to be in peace so that we may bring peace to others.

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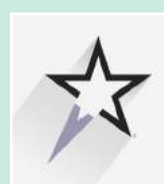
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Being at the stage of evolution where we manifest in human form, we exist in a state of limited consciousness. We experience reality as a series of objects and concepts that appear to be separate from each other. This state is typified by the Sanskrit word "dvaita", which translates loosely to the English word "duality", where reality is essentially composed of a series of polar opposite pairs: subject/object, light/dark, right/wrong, either/or, etc. Throughout our reincarnation cycles of life and death, we constantly experience the conflict of these many poles of existence, all the time not realizing that these oppositions are an illusion, a fundamental misunderstanding about the true nature of reality. This paradigm of limited consciousness is given the name "samsara". Our actual being is described as "advaita", or "non-duality", a state of consciousness in which the separation between all objects and concepts merges into an infinite unity, which is called "nirvana". Transitioning from the state of samsara to the state of nirvana is the great work that we have undertaken over many, many lifetimes, although at the present moment we may have forgotten that we have agreed to do this work.

The ancient philosophy of Tantra, as it has been preserved in both the Hindu and Buddhist traditions, engages a particular set of polar opposites which have a powerful effect on the evolution of consciousness. These are the opposing energies that we have given the English names "feminine" and "masculine". In spite of the biological origin of these words, the energies of the feminine and the masculine have little to do with physical gender. Instead, feminine and masculine are aspects of consciousness that are accessible to anyone, of either gender, who is conscious that these energies exist and are in play all the time and all around us. When the person is unconscious of these energies, then women may tend to manifest feminine traits, while men tend towards the masculine, on an instinctive level. But even in these cases it is tough to make generalizations, there are plenty of men who exhibit powerful feminine qualities, as well as women who project a masculine essence. It is also possible for a person's energy to flip from one pole to the other in reaction to unconscious triggers.

The nature of feminine/masculine duality presents the feminine as being receptive, nurturing and emotional, while the masculine is presented as being projective, controlling and intellectual. The shadow side of the feminine is passivity, and for the masculine it is aggression. These feminine and masculine qualities can be observed in all aspects of human existence, and in Tantra, this is thought of as being our defining human duality. The Piscean age, which we are now moving out of, has been mostly dominated by an imbalance of masculine energy. Thus over the past few thousand years we see the rise of logic and science, but also a state of almost continuous warfare. Repression of the feminine energy has brought humanity to the tipping point towards self-destruction. When the emotional, nurturing side of humanity goes unexpressed, the result is suffering.

While the split into feminine and masculine is the most potent factor holding us in a limited consciousness state, the Tantra philosophy also says that these energies are the most powerful tools we have at our disposal to transcend samsara and enter into nirvana. The great work of Tantra is in bringing the energies of feminine and masculine into a holistic balance, then being able to shift towards one pole or the other whenever necessary, but always being able to return to the balanced state at will. So whenever an emotional or receptive response is needed, the person can choose to shift towards a feminine state, and if a situation calls for control or intellect, the same person can intentionally choose to shift towards a masculine state. Then once the need is no longer there, that person can then return to a state of balance, a kind of embodied enlightenment. This is the future evolution of humanity. As we become more balanced, the greed, violence, depression and fear will naturally subside and peace will finally become possible.

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



Raise Your Vibration...Sing Your Soul! Atlanta Kirtan events...

- August 18** Krishna and Gershone - Athens, GA
Healing Arts Center, 7:00pm
- August 19** Krishna and Gershone - Woodstock, GA
Ember Yoga, 7:00pm
- August 20** Blue Spirit Wheel/Krishna and Gershone/Johanna Beekman
Vista Yoga, 7:00pm
- August 27** One Voice - Roswell, GA
One World Spiritual Center, 10:00am
- August 27** One Voice - Atlanta, GA
Stillness Yoga, 7:00pm

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Sacred Sexuality

by Don Martin, Publisher

Regular sex, according to medical research, has the same benefits as regular exercise. It increases the flow of certain chemicals that naturally boost and strengthen the immune system, improves cholesterol levels, stimulates circulation, invigorates the heart, diminishes the intensity of pain — especially in migraines and chronic arthritis — may reduce PMS symptoms, and releases endorphins, which simply make you feel good.

Even more, sex - and the deeper experience of embracing the idea of yourself as a sexual being, with sexual desires and needs - has been demonstrated to elevate serotonin, which elevates mood and therefore combats depression.

Issues of sexual identity are one of the most common subjects of discussion in counseling relationships, and psychological studies have shown that acceptance of sexual identity (not so much sexual preference but identity as a sexual being) leads to greater personal integration, a sense of personal empowerment, the diminishment of shame and guilt, and an increase in the ability to experience intimacy with another human.

Let's face it...sex is central to who we are as humans. Without sex, you would not be here. Evolutionary scientists recognize the development of sexual pleasure as a physiological requirement for copulation and procreation. But humans have sex far more than child-bearing requires...and the reason is obvious - it feels good on every level.

Thousands of years ago, sexuality was celebrated as a clear and perfect channel for the divine. It was the most sacred act between humans. Temples, priests and priestesses were established to bless and purify the sexual union (many religion scholars believe sex was the first religious totem, or object).

The advent of patriarchal religion (primarily Judaism, Christianity and Islam) skewed the more ancient practices of sacred sexuality, and made sex a lower order of human activity, suitable for child-bearing only (confined to a "marriage" or divinely ordered relationship), condemning those who viewed sex otherwise as "sinners" - even to the point of killing those who were found to be having sex outside of the divinely ordered relationship.

The age of Pisces (and before that, Aries - from about 3,000 B.C. to currently), two primary universal energies impacted human development - duality, and law. Duality was expressed fundamentally in the separation of the human and Divine...i.e., God was holy, humans were sinners. This duality was reflected in all of human activity - us vs. them (war), me against you (jealousy, personal power), feminine vs. masculine (men are greater because they are bigger and stronger). Look at creation myths influenced by Aries/Pisces religions, and you will see that females are the instigators of sin. In fact, in many patriarchal cultures, women were not even viewed as humans, but as beings to be exploited sexually as child bearers and pleasure centers, and politically as owned property and slaves.

Law was used to control, from the top down. Patriarchal culture put a man at the top of the pyramid of power, and he became the law-maker, the one who would determine what was right and wrong. Right = God, Wrong = Human. If it felt good, was natural or primitive...it was condemned as lower nature, and made illegal (in religious and political culture).

Thus, in the Piscean age, sex became an evil necessity, and those who did not follow the prescribed rules of sexual behavior were condemned.

The ascension of the Age of Aquarius is leading to a restoration of the Divine Feminine, moving away from patriarchal authority and duality. As a result, new energies of collective consciousness, celebration of the human, and the sacred role of sexuality in human consciousness are once again having a powerful influence on the evolution of human consciousness.

Many old-school Piscean teachers, leaders, institutions and governments are still resisting the sacredness of sexuality, and making last ditch efforts to keep

sexual experience confined and even illegal. Sex is still condemned (in their view) as immoral, or a necessary evil.

In the larger, ascending Aquarius culture...that is changing. Promiscuous activity is not on the rise (as is often charged by Piscean hold-outs, who want to control by guilting and shaming), but a more liberated and honored approach to sexual experience is on the rise. More and more people - especially Millennials and in eastern cultures - are recognizing that sexual identity and experience is sacred, collective and celebratory.

So, what makes sex sacred? Sex is the most physical intimacy we can have with another human being. It is rooted in the sacral chakra, which means it is also the closest dynamic we have to the original, primitive essence that we are created from. Sexual organs are the same organs (or are in proximity to) the organs we use for elimination of bodily wastes...which both connects sexuality with our most primitive and purest humanity, and elevates our most primitive function as physical bodies (elimination) to a near divine state.

The sexual union...however it occurs, with whoever it occurs, comes as close as any other human activity to divine transcendence. In the West, we have lost the practice of tantric intimacy (though tantric teachings about sexuality and intimacy are on the increase...see Ian Boccio's article in "Age of Aquarius" section). Example: researchers at University of Lincoln/London and Royal Holloway/University of London, have studied why people in the West kiss and experience sexual intimacy with eyes closed rather than open (which happens in eastern cultures far more frequently). In the west, philosophically, over centuries, we have separated bodily function from the function of reason. We close our eyes (something programmed into us by our culture; watch kids kiss...they rarely close their eyes) when we kiss, and when we make love, so we can limit the amount of sensory perception coming into our brains, and therefore devote more reasoned attention to what we are doing. (independent.co.uk - "Psychologists Reveal Why We Kiss With Our Eyes Closed.")

In the east, there is not such a rigid separation between reason and action, and collective conscious action is valued far more than isolated independent action. Therefore, cultural programming has affirmed open-eyed kissing, and open-eyed love making (both of which are tantric practices).

Sexuality and spirituality are converging, as people discover that personal and collective consciousness can be raised as sexuality is experienced in the realm of "sacred space" (honorable and positive, rather than guilt-inducing and dishonorable). Sex is being understood as healing rather than harming, and personal connection is celebrated more frequently.

Sacred sexuality is a powerful force for healing and connection in the Age of Aquarius. May you experience the fullest expression of your humanity and sexuality as you grow into your higher consciousness.



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

Why Is Sex Sacred?

by Deborah Taj Anapol

Why is sex sacred? The dictionary defines sacred as “made or declared holy, dedicated or devoted exclusively to a use, purpose, or person worthy of reverence or respect.” The word itself comes from the Latin, sacra meaning “sacred, holy, consecrated,” that is, blessed or revered. The noun (singular) is sacrum, meaning a holy thing or place.

While patriarchal religions have defined sacred and spiritual as being separate from the body, from nature, and certainly from sex, the ancient roots of our language imply a different understanding. It is no coincidence that the word sacrum is also the anatomical term for the triangular bone at the base of the spine, the very place which Tantra tells us is the seat of the sleeping kundalini or Shakti energy. When aroused through Tantric practice, the kundalini rises up the spine to awaken the spiritual centers in the brain.

So our language suggests that once upon a time, Western Civilization understood the sacred nature of sex. This wisdom was lost during the Inquisition, in fact, one might say that this was the purpose of the Inquisition: To create a cultural shift from sex as sacred to sex as sinful, as the movie, *Dangerous Beauty*, beautifully demonstrates. Now it is time to return to the ancient wisdom of worshipping life rather than death. Or as we said in the sixties, “Make love, not war.”

Sacred is understood differently in indigenous cultures where the concept of sacred is one of relationship rather than edict. In native cultures, humans, animals, plants, and especially the Earth herself are sacred because of we are all part of the Whole. No one and no thing have to be proven worthy to be considered sacred. All of creation is inherently sacred because it is part of the interconnected web of ecology that sustains life. In this worldview, Earth is not only seen as sacred but as a living being. Sacred is a kind of awareness, not a function of ego, of the logical mind, but more of an intuitive or direct awareness of patterns running through everything around us. This is sometimes called synchronicity, or the Tao. Here is another meaningful coincidence! It just so happens that tantric lovemaking turns on the “Right” Brain — that part of the brain that perceives patterns.

So we have two different ways of looking at the meaning of Sacred Sex which are totally complementary. Just as the love of the Mother and the love of the Father are complementary, the Western and the indigenous understanding of sacred are two sides of the same coin.

Sacred Sexuality, or Erotic Spirituality, as I prefer to call it, is a part of virtually every spiritual tradition around the world. In the last couple of decades elements of Tantra have been blended or fused with elements from Taoism, Native American, African, Christian, Pagan, and Jewish paths as a basis for re-visioning sexuality.

In the pre-Christian view, sex is sacred simply because it's part of life. In the Christian view sex must be shown to be deserving of reverence. No problem! Here's why it's worthy!

1. First, Sacred Sexuality, implies an awareness that sex is the inception of life, of all that is. Without the sexual act, none of us would exist — at least not as incarnate bodies. Sacred Sexuality acknowledges that our life force and our sexual energy originate from the same source. It's an expression of awe and wonder that transcends any particular culture.

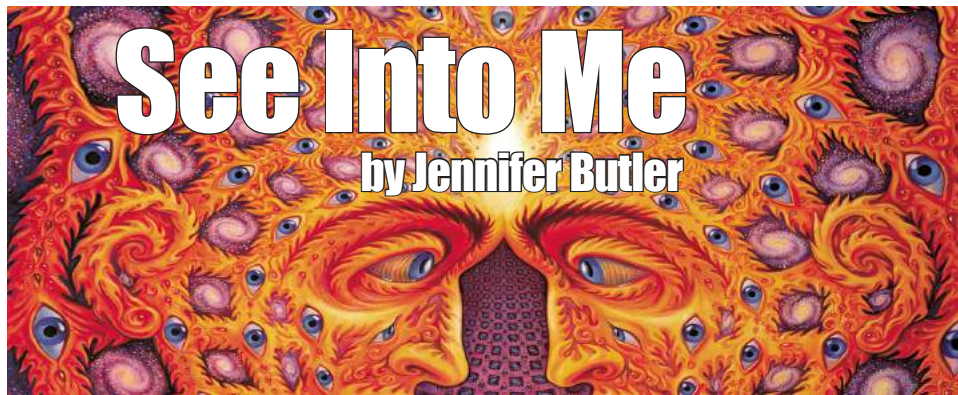
2. Sex is sacred because of its role in bonding. Mutually satisfying sexual exchanges naturally intensify bonding, but sex can take place without bonding if we're careful to keep our hearts closed. Sex opens the heart only if we bring the energy up. The Tantric attitudes of slowing down, awakening all of the senses, tuning in to subtle energy, letting go of judgment and blame, expressing gratitude for the gift of life, and savoring the present moment are wonderfully supportive tools for intimate relating.

3. To bond with someone is to form an enduring connection -- to feel a strong sense of mutual caring, intimacy, and appreciation. Bonding satisfies our need to belong and can occur in the absence of sex whenever a powerful shared experience creates a feeling of kinship. Not only is bonding critical to survival for many species, it supports health and happiness. People live longer and have fewer problems when they have a family-social-community context. Sex helps bring people together and keep them together. What else could motivate us to overcome the difficulties we encounter in intimate relating? Love making is more fun and more readily available than natural disasters, war, and other life threatening situations.

Erotic energy works its magic far beyond the plant and animal level as well. Look at gravity! Gravity is the name we give to the force of mutual attraction that holds the cosmos together, but spiritual teachers throughout the ages have pointed out that magnetic pull is just another name for erotic love.

4. Sex is sacred because of its role in accessing peak experiences of love, oneness, and healing. Humans have an innate need for peak experiences of bliss, merging, and ecstasy. We have a deep longing for the (re) union of sex and spirit, for union with the Divine. When we access expanded states of consciousness through sex we validate our intuitive sense that sex can be worship and that worship can be erotic. Tantra and other paths of Erotic Spirituality teach us to embrace and honor the body as a temple of Spirit, rather than trying to deny our natural sexual impulses. So when we bless, purify, or honor the body as part of a sexual encounter, when we bond more deeply as a result of lovemaking, or when sexual union catapults us into higher consciousness, we make sex sacred.





Sacred sexuality is something I initially felt unqualified to write about. Or most certainly unprepared.

Using sex as an emotional anesthetic or an unspoken form of payment, on the other hand? I could write a full-length on that. Utilizing the act of making love as a way to feel worthy and loved and to temporarily fill the inner hunger I felt? Professional status, y'all. Feeling objectified by others (and myself) and being too debilitated by fear to speak up about sexual likes (or dislikes)? Oh yea. Been there, done that.

It's not to say that I haven't desired a holy bond between myself and another. I've had many daydream moments, imagining intimate times with a person who is deeply in tune to me and I to him/her. Times where we both slip into the true present moment and become completely unaware of and unaffected by the illusion of time. Times with eye contact, appreciation, and silent (yet simultaneously loud) communication between heart to heart, mind to mind, body to body, and soul to soul.

I imagined the butterflies. I imagined seeing someone looking at me in the way I had only ever looked at another: as a beautiful, sacred being.

I see individual persons as unique souls taking a ride in their corresponding vehicle. During experiences I aptly refer to as "sexy time," I see the other party as a sentient creature who, in that moment, desires to be sharing space with me. Honored and grateful is how I feel, and I allow my eyes to show it.

Time and time again, I found that the deeply intimate and vulnerable expression of my eyes often resulted in a rapidly increasing distance from my sexual counterpart. He would close off. I'd feel him floating somewhere outside of his body rather than truly present with me. In response, I'd switch into robotic mode and also leave my body.

I thought there was something wrong with me. Or worse, I thought the connection I desired simply did not exist.

In the beginning of July, I experienced a very intense emotional breakdown/breakthrough where I ugly cried like I'd never ugly cried before. Tears, snot, drool, heav-

ing, and wailing. For the first time in my life, I bore witness to my own vulnerability and depth. I didn't distance myself or numb out or avoid my feelings. I allowed my emotions to flow out precisely as they needed to.

This emotional release resulted in an immediate shift... One where I suddenly felt safe and protected and embodied within myself. For the first time in my life, I felt a deeply vulnerable personal connection within myself. This connection brought with it some quantum leaps of realization (as is usual with emotional releases) and a huge download of receptivity.

I realized that the connections I longed for—both with friends and lovers—were readily available to me; I simply had to allow myself to receive. I had previously blocked myself off to this.

Once the foggy old lenses of repressed emotions were removed, however, I realized that my vision had changed. A longtime friend suddenly appeared to me as a patient, caring, attractive man who my heart craved. I began feeling a strong pull toward him, which had apparently been growing under the radar for the last couple of months.

His kindness, his care, his appreciation and gratitude for me, his affection... These are all things I not only started to logically recognize; I also started to physically feel myself receiving these vibrations from him.

Last night, he spent the night. We snuggled. We kissed. We laughed until we were snorting. We kissed some more, allowing the passion to organically increase into some specific [mostly clothed] motions that resulted in a wonderfully climactic end result for all parties involved.

There was no rush. There was no distance. No tallies. We were deeply in tune with one another. Time stood still. He met my eye contact with equal intensity and depth. He didn't flinch at my presence or my vulnerability.

"I love the way you look at me," he whispered as we lay in bed next to each other, "I can see into you."

While the typical definition of sex didn't happen [YET!], what I experienced last night was a holy connection between two souls. It was sacred. It was profound. And I would be oblivious to its existence had I not first nurtured that type of relationship with myself.

Cheers to many more sleepless nights.

*Jennifer Butler is a writer, doodler, and speaker whose primary focus is connecting and inspiring through unabashed honesty. Her first book, **imperfect**, will be available Fall 2016 (published by Aquarius Press). She enjoys hugging trees, picking up litter, and talking to her dog, Floyd. Check out her blog at www.jenniferannbutler.com*



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on being a yogi

by stephanie kohler

Being a yogi...Over 10 years ago, when I first started practicing yoga, I didn't have a lot of examples of being a yogi. In my search for studios, I used The Real Yellow Pages®. The book version, because the internet was still young.

But now we have many, many examples. Entire websites! With articles, lists, photos, instructions. Entire social media feeds, with photos, captions, hashtags, photos, lists, videos, photos. With all these examples, you'd think it would be easier to know.

However, I still sense some confusion about what being a yogi means. Such as:

- Does it mean using crystals, drinking kombucha, eating only vegan raw food, and quitting your corporate job?
- Does it mean changing your name, wearing a mala and a Ganesh shirt and snazzy leggings, and having tattoos?
- Does it mean practicing every day, for years, without missing a day?
- Does it mean posting inspirational memes and nude asana photos on social media, with #spiritualwarrior and #authenticlife?

My answer is the same to all those questions: It can mean that. Do it if you want. But you don't have to.

These days, it's easy to think you have to "be" a certain way to be a "real" #yogi. You're bombarded with content, especially images. And when you're bombarded with images, it's easy to fixate on appearances. It's easy to be convinced that certain clothes or foods or jobs or accessories are somehow necessary.

But deep down, when we really question ourselves, I think we all know better. We know that of course, yoga isn't about leggings and Instagram.

Yoga is not about outward appearances.

That's a convincing sentence, right? But we humans have been seeing longer than we've been reading. Our reactions to images are often very different to our reactions to words.

You see a svelte, fit, able-bodied person contorting while wearing a Ganesh shirt and leggings. Ancient part of the brain triggered—bam! Your next thought: the body and the clothes are essential. That completely legitimate, true sentence you read previously—that yoga is not about outward appearances—is gone. The completely contrary thought, in reaction to the image, is utterly reasonable. It MUST be true!

Insecurity rears up when you get caught up in visuals. When you focus on external appearances, it's easy to be distracted by the divisive duality of the Piscean Age, the EITHER/OR. For example:

- You're a yogi OR you're a corporate loser with a 9-to-5 job.
- You are slim enough to wear fitted yoga clothes OR you're not attractive.

Alternatively, when you focus on who you truly are, and strive to meet others as they are, it's easier to achieve the inclusion of the Aquarian Age, the loving, generous AND. For example:

- You eat only raw food AND you're a yogi.
- You are an omnivore AND you're a yogi.
- You don't drink alcohol AND you're a yogi.
- You have a spiritual name AND you're a yogi.
- You prefer your birth name AND you're a yogi.
- You work in a crystal shop AND you're a yogi.
- You work in a cubicle AND you're a yogi.

I could go on, but you get the point, right? Being a yogi is about being the realest you. Being a yogi is about being the best you—the best friend, partner, parent, lover, volunteer, spouse, colleague, or any other outlet that's meaningful to you.

Be who you are. Appreciate who you are. Learn from who you are. Share who you are. And embrace the diversity from everyone else embodying themselves.

...when you are
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images, it's easy
to fixate on
appearances



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

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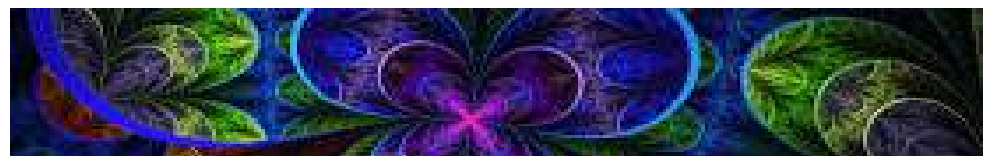
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STILL POINT

By Phoenix Lea

Hello Dear Reader...

Brother Lawrence wrote "the only one we ever make love to, is God". Brother Lawrence was a 16th Century Monk.

In my experience we find ourselves in sexuality, just like we do in the seeking of God source-our creator. Many of us also play a game of hide and seek with God and our partners when we deny who we really are. In bed or in the confessional it matters not because eventually our souls will "spill the beans" as to what our hearts are hungry for. Connection. Intimacy. Companionship.

If you met God on the beach of your mind and had a hand in hand walk with Source, would you not find yourself in the essence of presence as you experienced yourself as wholly wanted, loved and known? Is that not the same desire and devotion when we share our physical, mental and emotional selves with another human during this communion called sex? We undress into trust and vulnerability, seeking to feel what our minds can not seem to remember - and that is that we are one and we are loved. Intimacy experienced within our spirituality is so often misguided as it seeks expansion and truth. Sex is a mystery for most of us. As it should be.

"Sexuality and the emotional state are, in effect, tied hand in hand with each other.

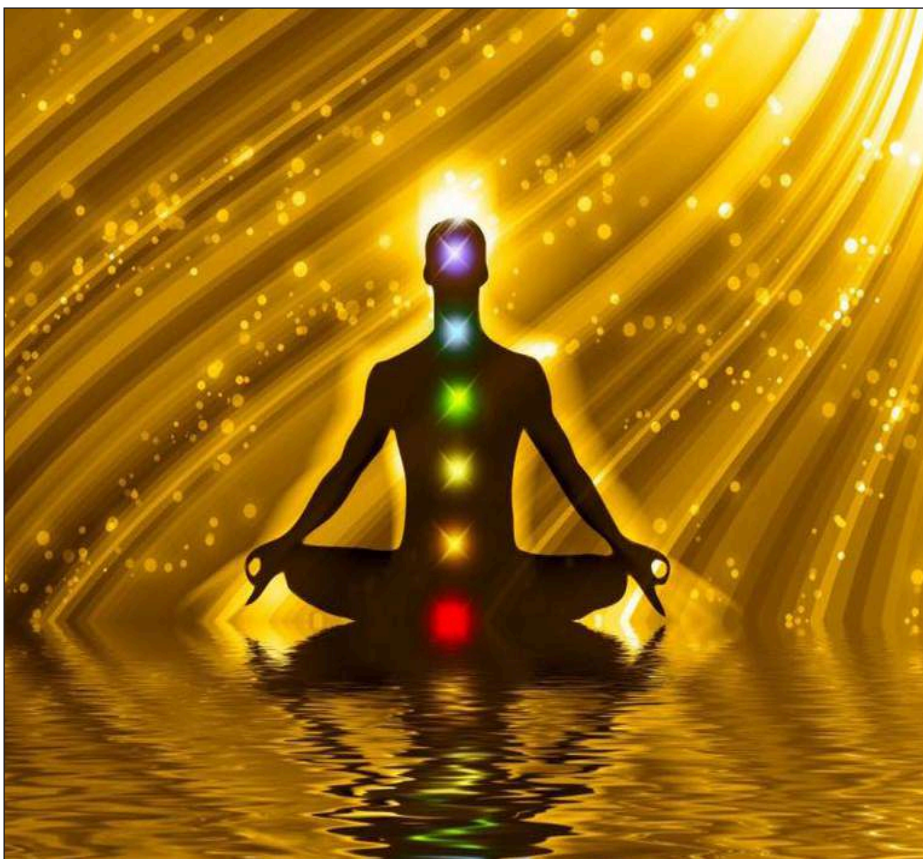
True sexuality, to a degree, revolves around survival." *The Wonders*

We find ourselves is sex. Pleasure becomes joy and we experience God. Two lovers who can find a sweet intimacy with balance and challenge to the male and female energy parts can mirror the image of God. Sex is a hunt towards a freedom that can be found in sharing yourself with another. And in that knowing through your sensual perceivers, taste and touch, you merge and reemerge into formless essence and back into individual form again. Sex is divine and primal emergence ending in the rest and companionship of comfort.

Spiritual love-making is the transformative truth of acceptance. It empowers the soul to experience its passions, taking action with a definitive confidence and devotion within the relationship it is cultivating.

Our Still Point is this; to love one must learn to listen-according to the Buddha. Listening requires patience and patience requires mindfulness and mindfulness requires focused attention of the coordinated eyes turned inward. Sex gives us an opportunity to not only serve another but also to receive in return all the love that we put out into the universe all day long. Sex is a companionship with the self and if you choose to share it with another... a glimpse into one's personal devotion to God.

*I am Phoenix Lea
A Clear and Perfect Channel*



Under the Bodhi Tree

By Awilda Rivera



Yoga seems to have taken over...right? We see celebrities doing it. We see Yoga in commercials, in Movies, on Billboards. At this point everybody is on board, and riding the Yoga train, right? Wrong. While Yoga has gotten a lot of attention and its popularity has grown there are many people out there who still avoid Yoga at all costs. I took the time to talk to some non-yogis to investigate some of the major concerns keeping them from the mat. What I discovered was that Time, a lack of understanding, and fear of embarrassment topped the list of concerns.

1. "I Don't have enough time"

A common complaint, most American's are used to being able to hit the gym for 30 minutes and be done for the day. Yes, there are 90 minute Yoga classes, but you will find that many studios have moved towards the 60 minute yoga class format. In a hour long class the time breaks down like this: 10-15 minute warm-up, 25-30 minutes of activity, and 5-10 minute cool down, 10 minute relaxation pose. The truth is that you are only really working-out for 30 minutes, the rest of the time is warm up and cool down - an essential part to staying injury free. As humans we make time for anything we really want to do, sometimes staying up late just to catch up on a particular show that we missed. If we want to make time for Yoga, we can, we just need to prioritize our health, well being, and peace of mind. Think about it, what do you make time for?

2. "I am afraid of being embarrassed in front of class"

This is an understandable concern. Yoga is about empowerment, learning our bodies, looking within so we can work with ourselves. Of course the first time you go to a Yoga class you won't know the poses. The movements will feel foreign in your body and it you may even feel awkward. There is always the temptation of looking at the other students during class. The danger in looking around the room is that

what may look like 'basic' movements in the bodies of your classmates may feel extremely challenging in your body. **ITS IMPORTANT TO REMEMBER THAT NONE OF THE OTHER STUDENTS ARE LOOKING AT YOUR FORM.** The only person that is looking at you is the Yoga instructor because they need to keep you safe. Unlike a dance class or martial arts class, Yoga is free from any moments where individuals get up and do something in front of the class. The only time the instructor is likely to speak to you directly would be to keep you safe, and would likely be in a whisper tone. Rest assured that you are safe from any danger of being "embarrassed in front of the class".

3. "The language and moves are overwhelming"

Learning new things can be overwhelming, especially if they take you outside of your comfort zone. Learning Yoga is like learning a new language because you are learning both a new movement vocabulary, English names for the poses, and possibly Sanskrit names of the poses. Learning a new language takes time. Think about your native language, as a baby it took you time to learn the words and context to speak meaningful sentences. Let yourself learn it in pieces. The common problem with new Yogis is that they want to run before they can walk. You may want to already know the basics and be moving on to more advanced postures by week two; however, you must be patient with your body, mind and self. Better to take your time and really learn it, rather than to rush and get injured.

Don't take my word for it! Get out there and see for yourself! The right teacher, at the right studio, just once a week can make a huge difference in your mental, emotional, and physical health. A little adventure never hurt anyone....until next month. Hit that mat and Nama-SLAY!



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

SUNSIGNS

Leo July 23-Aug 21

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



Leo (July 23 - August 22)

Happy Birthday Leo! You're the star of the show this month and will have renewed physical energy and radiance. Creative projects gain momentum and time spent with children or animals will bring joy and lighten your heart. It's not ALL fun and games however, as you will need to spend some time clearing up financial matters and organizing plans pertaining to money. You should do well in any event, as you have extra wisdom and foresight on your side now.



Alfred Hitchcock

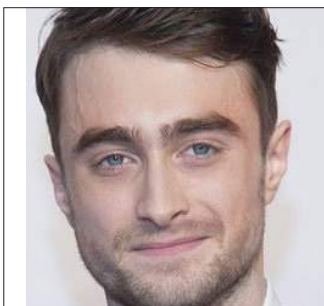


Barak Obama



Aquarius (January 20 - February 18)

Relationships are central to your well-being this month and you'll want to spend extra time with loved ones. Although it can sometimes be a challenge for you to be emotionally open, you will find it easier now to embrace the messier feelings you often avoid. Be gentle and sensitive to create understanding and harmony. Your overall energy improves greatly and you'll have renewed ideas around the workplace as well as at home.



Harry Potter



Sandra Bullock



Virgo (August 23 - September 22)

This is primarily a month of quiet reflection and thoughtful review. It's a perfect time to release old negative thoughts or troubling experiences of the past and initiate positive new routines. Although you may feel rather introverted, other people will find you quite attractive and it will be up to you whether or not to accept social invitations. You may find it difficult to express yourself as clearly as you want, so write down your feelings and ideas. Review them next month to see what still needs attention.



Libra (September 23 - October 22)

The process of peace and using your diplomatic abilities to improve the world are highlighted this month. You are drawn to be a bright light for hope and you should do what you can to encourage the people you care about. You've been learning a great deal about your inner spirituality and how to find calm through the storms. The time is quickly approaching when you can use your own lessons of overcoming challenge to help others with theirs.



Scorpio (October 24 - November 22)

Long-term goals for career and work are at the forefront and you could find yourself in the spotlight, even though you'd rather be behind the scenes. Thoughts of the future and higher ideals will continue to grow and it's possible you will be planning some transformational life changes that will give you more freedom. Remember you are in a phase of life that is powerfully altering your old value system and creating new improved standards.



Sagittarius (November 23 - December 21)

The fog begins to clear this month as Mars transits into your sign with forward momentum. No doubt you will feel more energized and driven to make up for the sluggish pace of the last several months. However, you should guard against the slingshot effect and be careful not to fly so fast you miss something important to your journey. Travel is favored and even better if you take along a best friend who can appreciate your candor and sharp wit!



Capricorn (December 22 - January 19)

An aura of mystery and intrigue surrounds you this month as you delve deep into your inner being. Understanding and healing past emotional or physical wounds is important to you and much progress can be made. A relaxing vacation or spiritual retreat can work wonders and even if you can't get away, you should create a peaceful environment at home. Taking care of your needs and honoring your personal space now will pay off in the long run.



Pisces (February 19 - March 20)

Your maturity and wisdom are strong this month and you'll be able to make good decisions. This is also a positive time to care for your health through a doctor visit, better eating and improved habits. Relationships are highlighted, but tend to challenge your sensitive emotions. Be aware that well-intentioned friends may give advice that feels more like criticism to you. Don't take anything too personally right now and just remember that any misunderstandings are temporary.



Aries (March 21 - April 19)

You'll begin to feel back in the swing of things and the frustrations or sad feelings you've been dealing with start to melt away. Your physical health is a top priority and you may enjoy exercise with friends or co-workers. Creative energies are high so be sure to express yourself. Organization is on your mind and you can accomplish a great deal when it comes to getting the house cleaned out and your money matters in order.



Taurus (April 20 - May 20)

The Sun in Leo challenges your naturally fixed sign with a stubbornness of it's own! Aim to be as flexible as possible to create a more peaceful and relaxed home environment. This is a time to work out the details of some creative project, which could be personal or professional. Fine tune your thoughts and words, while avoiding your inner critic. Your are social and health conscious now, so enjoy nourishing meals with like-minded friends.



Gemini (May 21 - June 21)

This month has you brimming with creative ideas and opinions on how to beneficially serve others. You may meet with opposition, as most people are focused on practical methods and don't want to take risks. Can you put your ideas across in a way that makes your unconventional plans feel real and attainable? Be patient and calm with all relationships, as there is a 'push-pull' energy at work that challenges your desire to move forward quickly.



Cancer (June 22 - July 22)

Stay grounded and centered this month as you review practical matters of money and personal goals. Take a balanced approach, so you can satisfy both your physical and spiritual needs at the same time. It can be helpful to consult a financial advisor or responsible friend for any areas you need extra help with. A health-related issue may take more time to resolve than previously thought. You'll want to rush forward, but be patient and give yourself healing time to completely recover.

Welcome fellow Stargazers!

The deep Summer is upon us and with it comes the warmest of all signs - Leo the lion. This generous, loyal sign is ruled by the Sun, which gives them their natural 'star quality'. Vibrant creativity is always close to the surface and their natural flair for showmanship makes them a natural artist, actor, director and performer of the highest caliber. Even the more introverted lion will shine brightly in the lives of those they interact with. Cultivating a healthy sense of self-worth will bring out the positive aspects of their sign, while downplaying the negative sides of being overly dramatic and egotistical. If you are a lion, be aware that flattery often wins you over and you should only seek honest praise from genuine people. Leo rules the 5th house of the Zodiac wheel, which includes the joy of pets and children, games or sports and receiving love. A sign of optimism and generosity, there is no one like a Leo to bring sunshine to the down-hearted and encouragement to those in need.

We begin our August with the New Moon in Leo and Mars moving ahead in fiery Sagittarius. A mood of optimism prevails, but you'll notice everyone gets more conservative with money and social commitments as Venus moves into discerning Virgo on Friday the 5th. Saturn moves into direct motion on Saturday 13th after a 5 month long retrograde. This is especially good news for Capricorn, Sagittarius, Leo and Aries - however, we will all benefit from Saturn's shift that gets our long-term plans and practical goals progressing forward again.

Be sure to get most of your important decisions out of the way this month, as the end of August brings us our 3rd Mercury Retrograde of 2016. This one happens in the sign of Virgo, so expect plenty of review into your habits pertaining to nutrition, organization, group dynamics on the job and overall health.

Our Full Moon of the month arrives on Thursday the 18th at 5:27am EST in the independent and freedom-loving sign of Aquarius. This is an electric and rebellious Moon that will increase your world-consciousness and bring up your highest ideals. It's a good time to embrace your individuality, remember what makes you unique and celebrate diversity.



AQ

As the new contributor of the monthly Moon Calendar, I hope you'll enjoy and find comfort in the additional "Words for Meditation" that I've added for each day. Meditation is always a good idea. And during this time of uncertainty and frightening events worldwide, it's more important than ever that we ground ourselves in spiritual practice and focus on the energies available to us in a positive way so that we can elevate the vibration for everyone. It's important that we stand in love and connection within ourselves as we reach out to others. The energies and thoughts that we breathe in and out impact not only our own minds, bodies, and hearts, but everything and everyone around us.

With that in mind, I'm offering 3 or 4 words and phrases that symbolize the energy of the Moon for each day. In knowing the kind of energy that's available to us each day, our meditations become a way to work and move in harmony with the Universe.

A very simple way to meditate with these words and phrases is to focus on them in an 8/4 breath count pattern.

- 1. Sit comfortably (anywhere and any way that feels good to you), close your eyes, and breathe in deeply to a slow count of 8. Focus on counting to clear your mind of other things. As you breathe in, fill your belly fully and let it expand, pulling air into your body from the bottom of your torso up to your throat. Feel your belly, then your solar plexus, and then your chest expand as you breathe in.
- 2. Hold the breath for a slow count of 4.
- 3. And then, releasing the air from the top down, exhale to a slow count of 8. That's inhaling to a count of 8, holding for a count of 4, exhaling to a count of 8, and holding for a count of 4. Repeat that for several minutes until the rhythm comes naturally. Then bring in the meditation words.
- 4. Now instead of focusing on counting and feeling your body expand and contract (which at this point will be happening automatically), on the in-breath focus on one of the words or phrases for meditation.




- tion. Really pull that word or phrase into your being, make it your own, focus on it in terms of your own life.
- 5. Hold the breath and hold the word...
- 6. As you exhale, focus on the word or phrase leaving you and going out into the world as an invitation to everyone and everything, everywhere. Know that they are receiving your gift.
- 7. Hold before breathing in.
- 8. Repeat breathing in this word or phrase several times, until it becomes comfortable. And now repeat the process with the next words or phrases, one at a time, being sure to spend as much time as needed to feel comfortable with each one so that you fully recognize how they are impacting you and enhancing your growth, transformation, and evolution.

In effect, you are becoming a conduit for positive change for yourself and others – generating good thoughts and good energy that will emanate outward. It's my hope that meditating with these words will help to ground and center you and will allow you to be more joyful as you go through each day. May each day spent meditating with the Moon be magical!

Michelle Gregg is a Counseling Astrologer who is passionate about helping you re-connect with your joy and reminding you of your life path. Using astrology, mythology and a Jungian perspective, she works gently and with humor to help you realign your relationships, career, finances, and your health – and any life challenges or concerns that you face throughout the cycles of your life. There is a deep spiritual grounding to all of her work. Michelle writes, speaks and sees clients all over the world. Contact her at astrology@michellegregg.com.



AUGUST 2016 ** Note: Times are for time zone 5 hours West. DST is observed.

sun		mon		tues		weds		thurs		fri		sat	
		1	Surprises around home and family could spark action, healing and changes in beliefs/openness to change, family, nurture, healing the past	2	Have confidence in a new, creative cycle that could have real, productive results/joy, creativity, commitment, positive action	3	Be an advocate for change that leads you outside your emotional comfort zone/change, catalyst, emotional opening, joy in diversity	4	Balance analysis, discernment, service and action with intuition. Flow rather than push/service, releasing victimization, analysis without judgement, flow	5	Give of yourself with optimism and generosity. There may be opportunities to mentor/compassionate responses, faith, kind support	6	Opportunities arise via the courage of your convictions. Be strong AND diplomatic/hope for healing, courage, grace, diplomacy
7	Be inspired to create beauty that feeds your vital core. Use the past as your guide/beauty, harmony, divine inspiration, releasing trauma	8	Create new friendships with others who are very different from yourself. Be open/willingness to change, balance self with others, unexpected enlightenment	9	Spend time with others and trust your soul-deep intuitions and inspirations/profound love, trust, heart connections, intuition	10	Listen to your emotions AND your ego today. Be willing to go deep/bring heart and head together, trust the mystery, soul's desires.	11	Be joyfully energetic in your ability to affect positive, resourceful outcomes/joy in action, acting with integrity, optimistic future, responsible future	12	Be emotionally available and accountable. Raise the vibration via spiritual practice/loving connection, sharing, we are one, releasing guilt	13	Be happy and excited about your uniqueness and the gifts you have to offer/unique gifts are a blessing, taking risks clears the way, divine discontent
14	Dream and the world dreams with you - act and the dream becomes a reality/vision, social responsibility, inspired art, the art of grounding	15	Process emotions deeply to achieve transformation of old habit patterns/power of the heart, soul reflection, breaking emotional bondage, transformation	16	Feel your brilliance and express yourself fully. Take action on your independence/vitality, humanitarianism, a fiery spirit, freedom via creative action	17	Let your innovative spirit guide you and adjust to accommodate others/conscious rebellion, unique innovations, individualism that supports the whole	18	What culmination is the Full Moon illuminating? Allow yourself to introspect/illumination, culmination, balancing emotions with ego	19	Flow along with the dreaminess of this day, allowing yourself to be guided/music of the heart, intuitive responses, divine guidance	20	Question your goals and aspirations to see how you can bring them to balance/deep self-assurance, compassionate benevolence, pure emotional leaps
21	Take positive action with integrity toward your highest self-interests/positive motivation, right action, integrity, releasing power plays	22	Dynamic feelings could need expression. Use the energy to be a champion/excitement, leaving the safety of the known, vibrancy, courage	23	Make adjustments to come back to the calm center today and ground your dreams/zen, peace, practical dreaming, pleasure in the Divine	24	A pleasant atmosphere soothes the senses, restores faith, and calms the mind/strength in trust, happy relationships, practical service	25	Balance career and family, knowledge and wisdom, and infuse them with love/positive emotional commitments, releasing mental constraints	26	Healing of or through friendship is important today. Enjoy your peeps!/learning from others, the power of words, joyous friendships	27	Small adjustments in the need to control leads to a lovely and loving day/loving kindness, compassionate nurture, family focus
28	A disruption with loved ones can stir greater harmony and understanding in the end/a noble heart, the wisdom of change, trusting your instincts	29	Creative feelings emerge in an authentic way. Take action on them/emotional confidence, instinctive timing, creativity in action	30	Spread warmth and optimism as feelings of generosity towards humanity emerge/the power of play, the golden child, connecting to the creative force	31	Introspect on your skills and then use them in service to others/reliability as a virtue, conscientiousness, purity of heart						

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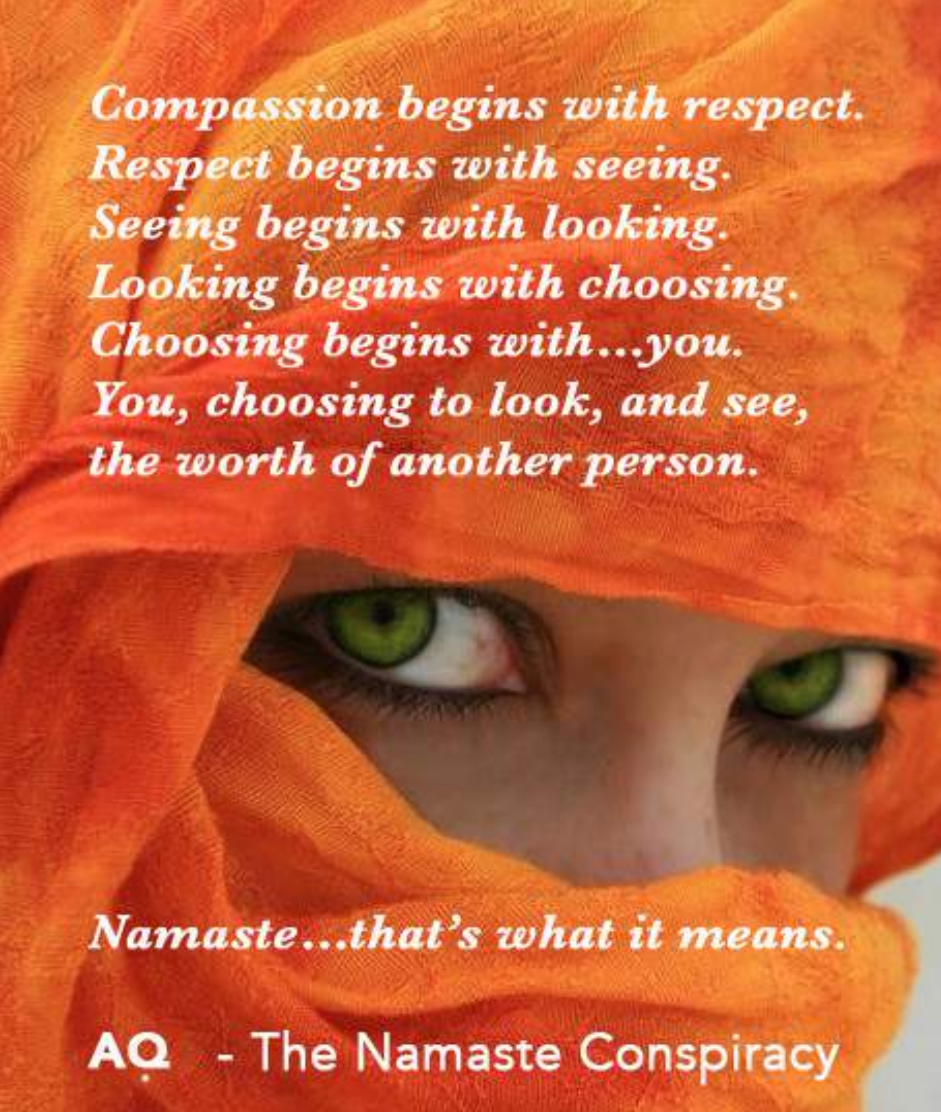
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*Compassion begins with respect.
Respect begins with seeing.
Seeing begins with looking.
Looking begins with choosing.
Choosing begins with...you.
You, choosing to look, and see,
the worth of another person.*



Namaste...that's what it means.

AQ - The Namaste Conspiracy

The Perfect Parsnip

The parsnip was once a major Roman foodstuff called pastinacea, after the Latin word pastus for food. Parsnips grew wild and still do in parts of Europe and the Caucasus long before their cultivation. The Caucasus region is a mountain range lying between the Black Sea and the Caspian Sea, considered part of the natural boundary between Europe and Asia. Geographically it is usually considered part of Western Asia, adjacent to northeastern Turkey and northwestern Iran, but culturally, this portion of Russia is also part of Eastern Europe.

Parsnips are a member of the carrot family and look like a large, rather anemic white carrot. It has a starchy root that is among the most nourishing in the whole carrot family. Since the Middle Ages, the potato has gradually replaced the parsnip as a filling, high-starch vegetable, but there was a time when the sweet, nutty, aromatic flavor of parsnips was a popular table delight for emperors and peasants alike.

In ancient Rome parsnips were reserved for the aristocracy, who liked them drowned in honey or combined with fruit in little cakes. The Roman Emperor Tiberius was so fond of their sweet, nut-like flavor that he had them specially imported from Germany when they were out of season in Italy.

Smooth, firm, well-shaped parsnips of small to medium size are generally the best quality, but some grow up to twenty inches long and are still tender and sweet. Softness may indicate decay and discoloration may indicate freezing.

Parsnips have a sweet nutty flavor that some actually complain is too sweet. They are best after being exposed to cold temperatures, so that their starch content is converted into sugar. If tender, parsnips can be eaten raw and are quite delicious and nutritious. Small pieces of raw parsnip add texture and a tingly taste to mixed green salads.

If cooked, they should be steamed, not boiled, to obtain their full flavor, then peeled and served, preferably with Himalayan salt, pepper and butter. Because of their strong, dominating flavor, use parsnips with discretion in soups and stews.

Parsnips have carried some strange superstitions: carrying one was said to ward off snake-bite, but if you forgot and got bitten, according to the Greeks you could crush a parsnip and mix it with the pork fat they used to grease their chariot wheels, spread the paste on the wound, and be cured. Many people thought parsnips were dangerous – especially old ones, which they believed would cause insanity.

They are a good diuretic and hold a specific affinity toward the kidneys, stomach, and spleen, and are helpful in conditions of bladder and kidney stones. They are loaded with more food energy than most common vegetables and they help detoxify and cleanse the body and improve bowel action. Parsnips contain calcium, iron, magnesium, phosphorus, potassium, zinc, copper and manganese. They are rich in thiamine, riboflavin, niacin, pantothenic acid and folic acid. Add some variety to your diet with parsnips and you won't be disappointed.

Parsnip Spinach Salad

- 1 cup raw parsnips
- 1 cup raw apple
- 1/2 cup raisins
- 1/2 cup pecans
- 2 cups spinach
- 1 tsp. Himalayan salt
- pinch cayenne pepper
- 2 Tbs. fresh lemon or orange juice
- 1 Tbs. olive oil

Chop the parsnips and apple into small bite size pieces. Break up the pecans into pieces and combine all with the raisins, spinach, salt pepper, lemon or orange juice and olive oil and toss together.

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



Throw the words “tantric sex” at your Tinder date and they’ll likely be intrigued and intimidated. To most people, the idea of tantric sex sounds exciting, unique, and maybe more pleasurable. But only a small percentage of those people know what it actually is.

In many cultures, sex is considered merely recreational. Tantric sex is an ancient Eastern spiritual practice thought to expand consciousness and join together the polarities of masculine and feminine energy into a whole.

“Tantric sex is the ancient key to sexual pleasure and psychic power, attained through a set of rituals,” says Ashley Thirleby, author of *Tantra: The Key to Sexual Powers*. She goes on to explain that tantric sex can “enable you to reach new heights of sexual pleasure and ... tap your sexual energy for creative use in other areas of your life ... [You] are in [your] most intense state of conscious and subconscious concentration during sexual involvement. Tantra teaches ways to carry this intense focus of concentration into all areas of life.

“The rituals make it possible to enjoy sex more often, for longer periods of greater pleasure than you have ever known before. And the more frequently you have sex, the more quickly and powerfully your sexual energy will regenerate itself ... “In Tantra, all faculties — physical, mental, emotional — are stimulated as strongly as possible, then controlled, to bring ever-higher pleasure.”

Other than the spiritual element, what makes tantric sex different from Western sex and separate from the sexual culture in countries like the U.S.? In her book, Thirleby describes Tantra as “free of the hypocrisy that pervades ... religious orders that seek enlightenment and truth through asceticism (primarily self-denial in sex). Tantra believes the path to enlightenment is through increased sexual activity.”

Unlike the “come and go” sex many of us have become accustomed to, Tantra is a deeper sexual experience that most people enjoy. All it takes is the right information and an open mind.

1. Prepare your space.

Prep the bedroom or whatever area you plan to use (living room, etc.) with lots of comfortable pillows and soft bedding. Place lots of lighted, but mostly unscented candles, around the area — safely away from anything flammable. Keep the lighting completely off or on the dimmest setting.

Place glasses of water or a light wine within reach for both you and your partner to enjoy throughout the session. You may even wish to provide light snacks to keep your energy up or to feed to each other. If you wish to scent the area, use an essential oil diffuser with a relaxing scent (lavender is a good choice).

2. Prepare yourself mentally, physically, and emotionally.

Come to the experience with an open mind and an open heart. If something makes you uncomfortable, you can skip it, but try to work through any feelings of discomfort. Those feelings usually come from a place of shame. Throughout the practice, remain playful and show curiosity to find new forms of pleasurable interaction.

Take a shower or bath, either alone or together, but try to refrain from any sexual touching. Stand facing each other and stretch however suits you to release any tension.

Dress in comfortable, nonrestrictive clothing. Underwear, lingerie or shorts, and a loose shirt work well. You can practice tantra in the nude if you prefer. But because tantra is about a slow buildup of sexual energy, it’s often helpful to start clothed.

3. Begin the process of slowly building sexual energy — the tantra.

After stretching and showering/bathing, sit in front of each other and get comfortable. You may want to sit cross-legged, or drape your legs over each other so the energy from your erotic zones is in closer proximity. You can also try the Yab-Yum position: The male partner sits down cross-legged, while the female sits down on top of his legs and faces him.

Look into each other’s eyes for a long time — the eyes are the windows to the soul. It will feel uncomfortable at first, but continue to look into each other’s eyes as long as it takes to become comfortable with the practice. There is no standard amount of time for this. Once you feel comfortable, a connection has been established. That is the goal. That is the precise sense of connection you need to enjoy tantric sex. Maintain eye contact throughout the practice.

4. Follow these steps in order.

1 Breathe together. Slow down your breaths, and sync your inhales and exhales. Breathe in and out simultaneously while looking into each other’s eyes. If you like, you can place your hand on your partner’s chest to feel their heart beating.

2 Once you’re breathing together and fully connected through eye contact, offer your partner some words to connect you further. Some examples include “I love __ about you” or “I feel pleasure when you __.” Be truthful in your statements and say exactly how you feel without fearing how it may be perceived. Take turns sharing statements.

3 Very lightly and slowly move your fingertips across parts of your partner’s body to awaken the nerves and heighten sensation, maintaining eye contact. Tease your partner by brushing your fingers close to the genitals and breasts but not actually touching them.

4 If you are not already in Yab-Yum position, move into it. Embrace and breathe together.

5 Practice a few tantric kisses. “With your lips slightly open and touching, inhale together gently and exhale together, sharing and synchronizing the same breath.” Only then should you join your lips in a soft, slow, sensual kiss.

6 Give each other a full-body tantric massage. The receiving partner will begin face-down. The giving partner will begin to gently massage non-erogenous zones for several minutes, then proceeding to the erogenous zones.

7 You can go with a hand-only massage, or incorporate other textural tools, such as pieces of fabric, feathers, or wax. Once you’ve massaged your partner fully face-down, have the partner flip over and perform the same type of massage. A tantric massage is not about sexual stimulation, so do not try to bring your partner to orgasm.

8 The final step of the practice can be to have sex. Alternatively, you can end the practice simply by lying together in a relaxed, blissful state. Intercourse is not the focus of tantric sex. It is just one of the possible choices on the path.

9 If you do have sex, proceed slowly, and choose a position (or positions) that heightens your connection with your partner and preferably allows you to maintain eye contact. Most importantly, don’t lose the consciousness of the act. Stay focused and grounded in the moment, patiently allowing energy to build within yourselves and your connection.

You can explore the elements of tantra for as long as you like. There’s no time limit. It’s all about exploring pleasure in the way you most enjoy.



The Real Law of Attraction!

In order for you to feel attracted to someone, your brain goes through a series of checks that end up determining the attraction that you feel. Your brain uses information from all five of your senses and uses all of that information to determine if you are attracted to the person. Each sense will give its input as to whether or not you should be attracted to the person. And what is even more impressive is that your brain makes this determination within seconds of seeing the person!

Sight: As you might suspect, your eyes play the first role in attraction. While many visual attributes of attractiveness vary from culture to culture, signs of fertility, good health, and youth are always sought after. This could be related to the evolutionary psychology perspective on attraction. Evolutionary psychology states that we are attracted to those who look the most physically healthy and have the most appealing features, such as the ones mentioned before. So it would make sense that we are attracted to those who are the most visually appealing because those individuals would more than likely make better mates and increase your chances of having healthier offspring. Once your sense of sight determines that it likes what it sees, you will more than likely give the other senses a chance to investigate.

Smell: Now, it is helpful to have nice smelling perfume or cologne on, but your sense of smell goes beyond them. Your nose is able to pick up natural chemical signals that are released by humans (and many other animals) called pheromones. Senses these chemicals can trigger both a physiological and behavioral response in those who pick up their signal.

Hearing: Believe it or not, our ears also play a role in our attraction to someone. It has been found that men prefer women with higher pitched, breathy voices, and "wide formant spacing" which is often associated with a woman that has a smaller body size. Women usually prefer low-pitched voices with a "narrow formant spacing" which is often associated with a larger body size.

Touch: This one probably doesn't come as too much of a surprise, however, the studies that were done and what they found are pretty interesting. In a study, participants were asked to hold a cup of coffee that was either hot or iced. Later on, they were asked to read a story about a made up person and then rate their personality. Those who held the cup of hot coffee described the person as being warmer, happier, nicer, and more positive than those who were holding the ice coffee. Those holding the ice coffee interpreted the character in the story as unaffectionate and cold. So what does this mean? Whether you are holding a hot or cold beverage (or food) could influence how you see the person of interest and determine whether or not you are attracted to them.

Taste: This comes last and is brought on by the first kiss you have with your person of interest. The taste of their mouth and the smell of their breath obviously play a role in your attraction to them. It has been found that the first kiss is so important that many men and women have reported losing their attraction to someone after having a bad first kiss.

Your heart plus a chemical called norepinephrine is released into your bloodstream, which then activates your body's fight or flight mechanism. This fight or flight response causes your heart to beat faster, your pupils to become more dilated, and your body even releases glucose to give you an extra boost in energy. This all happens because your body has determined that something important is about to happen! Your body's fight or flight response also gives you a type of tunnel visions, which enables you to better focus and even blocks out surrounding distractions.

Adam Ward is a UIF intern writer at Seton Hill University (SHU) in Greensburg, PA. He plays offensive line for his university's Division II football team. Adam is a firm believer in having a positive mentality and outlook on life, and doing so can have an impact on every aspect of your life.

Awakening The Goddess



By Crystal Starshine

Long before the patriarchal religions of today was a time where the Goddess was worshipped and sacred sexuality was normal. Today women are still quiet and even patronized for their sexual instincts. Why is it that women were shamed? I don't know that we will ever know the full reasoning behind it but I have my ideas to why it was so taboo.

As a Priestess of the Red Tent one of my goals are to awaken the sexual Goddess that lies within us all, through knowing your body. It amazes me in my work just how many women have never even seen their own vagina! Many have never even touched themselves because of the deeply rooted guilt that was branded into our consciousness, that our bodies are not to be pleased. This brings me to why so many women have self-esteem issues and body shame others. Every woman deserves to know her beauty, worth and how her vagina works. Every woman should look in the mirror every day and see how amazing her body is. It is a body that was created to be pleased. It is a body that IS creation. The sacred womb is the only place where, through sacred sex, we can create new life. It is a miraculous little universe in its own right.

Let's talk a little history for a moment. The sacred marriage was a ritual act of sacred sex in ancient Mesopotamia. Here the High Priestess of Inanna would couple with the king of the land in a public ceremony to bless the fertile renewal of the land and was performed as an act of creation. These rites and celebrations were so important to the people that they offered their most precious objects to the Goddess for return of their harvests. During the ritual the High Priestess would embody the Goddess Inanna herself. As I imagine it was much like speaking with what we now associate with talking or seeing God. In the act of a sexual union women have out of body experiences and be more connected to their higher self all while creating a pathway to the divine. Many have communicated or channeled very important information during coitus and also at their time of menstruations.

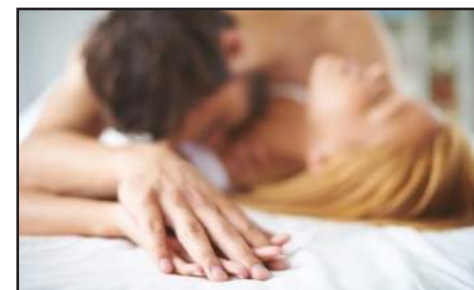
It is my belief that man was jealous of the relationship and communication a woman could experience with the divine

during her times of sacred sex and menstruations. This caused a total tearing down of the rituals and woman in general. However, consciously we are swinging the pendulum back towards the connections to the Goddess. She is alive and well. Take a look at the Red Tent Temple Movement and where there are Red Tents throughout our world. Goddess Temples are growing in number as women begin to remember. We are waking up from our deep slumbers and breaking out of the matrix.

Sex is big business and rising with companies that sell instruments, books, movies to activate pleasure senses we have hidden. The sacred prostitute in modern times is still alive and well too and the well-known Mary is now being recognized for her work. Times are changing and it's about time. The Goddess and sacred sex is here in Tantra, dance, music, nature and is even that rising kundalini serpent awakening your souls calling.

We experience great healing through sex, our bodies release up to five times the level of oxytocin in our brains, which leads to the release of endorphins, our natural pain-killing hormones. It can help heal the emotions of an argument, (make up sex) while releasing the tensions and reconnecting the spirits and souls of the individuals again. My grandfather once told me "sex is what makes the world go around". I couldn't agree with him more. So as we all sit and ponder what the words Sacred Sex means to us think about how you entered this world.

Blessed Be,
Crystal Starshine



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

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Handling the Birds and Bees in Business

Compartmentalization can be helpful, but difficult to accomplish when hormones come into play. We are all sexual beings, and it can be challenging to simply turn that part of us off when we go to work. But keeping things professional, no matter how tempting your suite mate or cubicle buddy may be is essential! If the attraction is there, take it offline after work and draw hard and fast lines as to how to act towards each other in the office. Together, fast forward through various potential scenarios that may arise before beginning a relationship with a co-worker. Communication is key.

Many offices have rules against employees dating each other, so read up on your employee handbook before starting anything romantic. And if the attraction is still there even with boundaries set in place, get to know each other after work as friends and see if it develops into one of you looking for a new job or a transfer.

Attraction to a client is another slippery slope and requires extreme caution, open communication and a need to keep your wits sharp. You get it, the dashing new client is very attractive and is making it obvious that there is an interest. You are frequently thrown together in team/client meetings which often include dinners out, alcohol and letting one's hair down. I caution you to hold back! Getting involved with a client can be devastating to the business and your career may not fair too well either if the relationship goes south. Flirting can be fun, but keep it professional at all times, most likely you will hold on to your job, your integrity and keep the account in the long run.

Alcohol and business although frequently mixed, can be a dangerous combination. Add in out of town trips to trade shows and everyone throws caution to the wind. There is no such thing as 9 to 5 when you are working out of town. You are always on, always representing the company and your actions need to reflect that. I may sound old fashioned, but I have been involved in administering several job terminations over antics that happened at conventions.

If you set the bar high and give off totally professional vibes, then your energy will help naturally deflect unwanted advances. Maintaining that demeanor in every situation acts as an unspoken barrier for others to follow your example. However there are times when no matter how much you are professionally projecting and setting boundaries, there is unwanted attention.

Listed below are six ways to respond to unwanted or

inappropriate comments taken from the article "He Said WHAT At Work?" in the March 2015 issue of Cosmopolitan by Michelle Ruiz:

1. A coworker makes a single inappropriate comment or sends a creepy email or text. Talk to the person face-to-face whenever possible to avoid confusion. Say: "That makes me uncomfortable. Please don't say that to me again." Check your company manual or ask HR if there's a standard procedure for how to report harassment and a neutral employee to report it to. Don't respond to texts or emails, but screenshot them in case you need proof in the future.
2. A coworker or group of coworkers is repeatedly giving you unwanted sexual or sexist attention. Tell your manager — in writing, but follow up in person — that Mr. or Ms. X is making crude comments, and it's making it hard for you to work. The harasser should be removed or at least warned, depending on the situation and on company policy.
3. The person who's harassing you is an ex. Take the same steps. It doesn't matter if you were once a couple or had a consensual hookup. If a coworker's behavior now is unwanted and hurting you at work, it's harassment.
4. The person who's harassing you is your manager. Check your company manual or guidelines to see if there's a safe contact to report it to. If not, report it to anybody senior or your human resources department.
5. You're too nervous to make a report yourself. Bring your work bestie with you for moral support. And ask if other coworkers are dealing with it. Then, report together.
6. You told management already, but they're not doing anything. Ignoring a report of harassment or retaliating against you for reporting is unlawful. Call the Equal Rights Advocates hotline at 800-839-4ERA for advice.



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by Cathy Burroughs

Actor Lowrey Brown fulfills a dream playing the lead Bobby struggling with commitment in Stephen Sondheim's seven time Tony Winner including Best Musical about marriage - COMPANY; The show opens Actor's Express 29th Season on July 30th and runs through September 11th.

This production differs because of the intimate space at Actor's Express. You can't hide upstage there. The audience will feel as if they are in the New York apartments with us.... We hope to create a piece of art that stirs the heart and mind into thankfulness for the ones we love. And offer courage to those who are still looking for that person. – Actor Lowrey Brown plays the lead role of Bobby in Company

Actor's Express's Artistic Director Freddie Ashley brings this chic and stylish version of one of Sondheim's greatest hits, the musical Company to the King Plough Art's Center stage opening July 30th and running through September 4th, 2016. Company is one of the most complex and brilliant musical exploration of the ambiguities of marriage and commitment that has ever hit the stage. Here we catch up with Company's lead actor Lowrey Brown cast in his dream part as Bobby, the profoundly charismatic and confused bachelor in this tour d force role.

How has being an actor helped you develop as a person?

I think what made me move towards being an actor was the excitement of seeing life through someone else's perspective. So often in life, we focus only on what is most important to us. Having the opportunity to portray different characters is a reminder for me. To listen to others. Respect others. And discover a way that my life can complement theirs.

Do you resonate in particular with the themes of Bobby and Company?

I do. Yes. More so than I would care to admit. In college, I dated... rarely. I was a good flirt. Bobby leads women on. Not maliciously. He genuinely wants to get married some day. I think every girl he meets could be the one... Maybe. But he is afraid. Terrified. This play is about him choosing to take a step towards the fear. Embracing it, knowing that is the only way he can move forward....

How does this production differ from previous revivals and renditions?

Freddie Ashley, our director, has shown me a few concept drawings and pin boards. I know he wants to create an elegant show. Every cast member will be dressed to the nines.

Have you worked with Actor's Express before? If so what has been the high points of that experience?

I have never worked at the Express before. But I have worked with Freddie before in college and during my first professional musical production. I am thrilled to work with him again and see what Golden Girls' quotes make it into the rehearsal process this time around! Freddie loves the Golden Girls and often uses quotes from the show to direct. It is absolutely hysterical.

What can audiences look forward to in this production of Company? How will it be unique?

Audiences have the chance to see some amazing talent in this production. From Kelly Martin to Libby Whittemore. Or Dan Ford to Steve Hudson... at this point I should just name the whole cast – ha ha... Every cast member is an Atlanta native, which is wonderful to see within our community. The show itself is hilarious, at times, poignant others.

Actor's Express's launches its 2016/17th season with Company directed by Artistic Director Freddie Ashley who displayed his and the Actor's Express ensemble's exceptional chops last season with the acclaimed "Sweeney Todd," and the season before, with its nearly miraculous take on the musical "Rent." Actor's Express cabaret chanteuse Libby Whittemore takes on the ambitious role of Joanne made renowned on Broadway by the late, ribald and brilliant Elaine Strich and her virtuosic talk/singing rendition of "The Ladies' Who Lunch."

Company's powerful and unforgettable score has brought us such great song soliloquies as "Another Hundred People" and the ensemble triumph "Sorry/Grateful," breath-taking ballads celebrating and bemoaning the singularity and isolation of modern life and the anguish and uncertainty coupled with the desperate drive towards marriage, love and commitment. For season subscriptions or show tickets go to www.actors-express.com or call the box office at 404-607-7469. This production of Company is sponsored by Stephen Michael Brown.

Travel with Cathy Burroughs

Studio City, CA once the hub of early movie making has the heart of a small town all within walking distance to boutiques, bistros and easy access to all the LA area attractions. Its celebrity inhabitants (see the lengthy list on Wikipedia) live comfortably there, and can regularly be seen out and about including George Clooney and the Mayor of LA. There were star sightings of the super friendly Chuy Bravo from late night, Chelsea Lately just outside of Crust Pizza café, Ashton Kutcher, and Sean Penn at Pizza Rev.

From Studio City you'll easily get to Universal (two of the fabulous hotels we hit we The Sportsmen's Lodge and North Hollywood's Beverly Garland offer complimentary shuttle service), Warner Brother's highly recommended VIP Studio Tour, as well as the glitz and show biz glamour of LA and the beaches of Santa Monica.

We managed very nicely on LA's luxurious black car limos ITS Chauffeured Transportation (they also pick up the celebrity guests for The Ellen Show and The Bachelor/Bachelorette Shows) and Yellow Cabs. Thank you, LA Tourism. If you've never booked a limo, do it now or put it on your bucket list. It is so worth it and will spoil you forever! By the way the Starline double decker bus tours www.starlinetours.com offer a two day on/off option that goes all over LA and to the beaches with a running historic commentary that is a delight.

There are also wonderful and reasonable places to stay. One of our long time favorites is the landmark Sportsmen's Lodge Hotel (www.sportsmenslodge.com), beloved for its rich Hollywood history, eccentric character, warmly inviting spirit, unique lodge and renowned Olympic size swimming pool with sun deck and Jacuzzi. This is the place many stars like Katherine Hepburn and Clark Gable went to hang out on the down low and it is rumored Clark Gable, Humphrey Bogart, John Wayne and others taught their kids to fish here.



Studio City's new Sportsmen's Lodge Hotel (SMLH) (www.sportsmenslodge.com) located on eight acres of gardens, water fall and ponds off Ventura Boulevard has been reinvented and re-imagined as a sleek, sophisticated, highly original, and still uber-welcoming hotel. The new improved hotel continues to elicit Hollywood's heyday while with great élan bringing the well-loved lodge into the 21st century.

The day we arrived we were warmly greeted as always by both staff and the charming general manager Stephen Chavez. Outside the Aqualillies synchronized swimmers rehearsed their segment for ABC News in the pool. Do not miss the Lodge's spectacular pool where back in the day such mega stars as Tallulah Bankhead and Bette Davis lounged, picnicked and enjoyed martinis. The pool boasts a wonderful bar with table and chairs for modern day picnics and offerings from the fabulous fun and delicious modern take on the diner - their superb Patio Café.

The hotel's designers have gone all out to breathe fresh life into the place with contemporary elements and the 'cool' factor at every turn, celebrating the hotel's history with fishing, hunting and vacationing as early as the 1880's and through Hollywood's hey day of the 20's, 30's and 40's.

The lodge theme is amplified throughout the foyer, lobby and great haunt the River Rock Lounge/Restaurant with customized white deer and moose heads on many walls and above the front drive, a giant antler chandelier. Hollywood classics play on the lobby's flat screen tv. A stunning new addition is the Zen garden fire pit and fountain with lily pads and dramatic hanging lanterns that light up the evening just outside the new lobby.

The 190 spacious guest rooms (of those eleven are studio suites) are all appointed with panache; each have a white, green, gray and orange décor with hip martini graphics, duvet bedding, large flat screens, large work areas with task lighting, new closets, distinctive one button make up mirrors and custom built-ins. Some have oversized balconies many with pool views. The redesign makes for a stylish, chic and wildly imaginative hotel experience.



THE FOOL: A new path and a fresh start await those who are adventurous and willing to embrace change. Now is a good time to strike out on a new course of action, perhaps doing something that you have considered but put on the back burner because you thought you weren't ready. Now you are, and now is the time. Maybe you have always wanted to travel to a special place, but put it off because you told yourself you were too busy, you didn't have enough money, or you had other more important obligations. Maybe you have wanted to try a new hobby or project, but procrastinated for similar reasons. Procrastinate no longer! The energy of change is in the air, and there is no better time than this month to take advantage of this spark that could ignite wondrous things in your life.

3 OF COINS: Is there something in your life that brings you such bliss that when you are working or engaged in it you feel as if time stands still? If so, you are very fortunate to have found this, so take time now to engage in this work, play, or activity that brings such joy. If you have nothing in your life that matches this description, then use this month as the jumping off point for you to find something that fits the bill. It could be something as small as going to a nearby park to spend time in nature, going back to an abandoned hobby that you truly enjoyed, or spending more time with good friends. Whatever it is, you will feel more energetic and revitalized if you take time to meet your own needs of doing something that brings you joy.

JUSTICE: August is the month where truth shall continue to prevail. More and more people are awakening to the fact that there is something quite amiss in our world. Things are not what they seem, and fear is rampant in some areas. Rather than giving in to fear of the future or fear of where our country and the world are headed, focus instead on all that you have to be grateful for. It does you nor anyone else any good to wallow in the bad news that seems to surround us. Keep yourself in a space of unconditional love for yourself and others who are going through a rough time or just need support. We can change the world through love, and this is a good month to continue along this path. Remember, it is always darkest before dawn, and we are on the precipice of a new age.

3 OF SWORDS: If sadness, disappointment, loneliness, anxiety, worry, or fear comes your way, the best thing to do is to allow yourself to experience these feelings in your body and heart, and then let them go. Don't try to suppress them, for this may just make the hurt and pain feel worse. This is not always easy to do, but if you give yourself a certain amount of time to feel sorry for yourself and then distract yourself by doing something different, you may find that you are able to move forward. Pain will happen, but how long we allow ourselves to suffer with the pain is up to us. Choose to help yourself heal by releasing the pain or fear, or get the help of someone else who is equipped to assist you.

TRENDS FOR THE MONTH: Much opportunity awaits those this month who are willing to help themselves in a variety of ways. Doing something different, getting out of your routine, accepting rather than fighting change—these are all ways of taking advantage of the August energy. Take time to do things that bring you pleasure, and if faced with worries or fears, remember that "This too shall pass", and you can get through it. Don't let the fear-mongering going on in the world now affect you, and recognize that many truths are being brought into the light. Have faith that things are getting better, for they are.



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

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



Dear Dream Experts,
I dreamt I was visiting France and the foreign exchange family I lived with years ago. The mother had fixed us a dinner and we were eating, yet she wasn't. I felt bad that she wasn't relaxing. I spoke with her in the hallway and she was much younger and thinner than in real life. She said her stomach was upset and she wanted to take some digestive powder to help her. I was telling her about some powder to take.
Sincerely, Back in Time

Dear Back in Time,
You are in a mind set related to France (write down 2 word you associate with France t understand your attitude). You are learning from a part of yourself (the mother cooking you food is knowledge). This part of yourself is changing, or you may view this part of yourself differently (her physical appearance is different). You are having difficulty assimilating (digestive problems). We would suggest giving some attention to this part of yourself (the French mother) to be better able to process and think clearly.

Dear Dream Experts,
I dreamt there were 5 beautiful women, me included, that were going to be killed because we were so beautiful. We were being taken somewhere on the back of a pick up truck. The truck drove us to this rapidly moving river. We were told to get in. I thought it was going to be a waterfall or something where we would die. So we all jumped in. The river moved us for a while, and then there was a small drop off, but it wasn't very big and none of us died. We eventually got out of the water. We ended up at this office. There was a lady there that said the psychiatrist would see us soon. So we were waiting in this office. My husband was there and he thought this whole thing was damaging- telling us we were going to die, and then not killing us.
Sincerely, Death Row

Dear Death Row,
You fear the part of yourself that is focused on physical, outer things (beautiful women) is being forced to change (you may be killed). You feel forced to look at your feelings and emotions related to beauty and that this may change you (water is emotions, and death is change). However, delving into your emotions does not change you. (you survive the river). You encounter a part of yourself that may help you process things (psychiatrist). There is part of you (husband) that believes it is damaging to think about change, and then not go through with it. We would suggest deciding what you want to change in your thinking regarding your physical appearance and change it. You are always in control of yourself.



AQmmunity calendar

SUNDAY CHURCH SERVICE

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

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

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

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

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

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

Inner Quest Church - Sunday service: 10:30 am. - 11:30 am. Metaphysical Class 9:30 am. -10:15 am. Come Celebrate God's love! 770-521-2875. 12830 New Providence Road, Alpharetta, GA., 30004. www.innerquestchurch.org.

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

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

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

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

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

Unity Spiritual Center - Sunday Services 11:00 a.m. Classes Wed. 7:00 p.m. 3415 Stancil Rd., Gainesville, GA. 770-534-0949. Take 129 to right on Lakeland, then right on Charles Bridge Rd. and right at the Center on Stancil Rd.

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

SUNDAY EVENINGS

WELCOME TO A NEW THOUGHT

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

FOURTH SUNDAY

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

TUESDAY

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

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

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

WEDNESDAY

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

WEDNESDAY

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

2ND FRIDAY

SPIRIT COMMUNICATION - 7:30 p.m. at Harmony Place Spiritual Center in Roswell. www.meetup.com/PsychicAdventures Email: mstulip@mindspring.com.

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Sunday: meditation 10:30 am Gathering 11:00 am - Weekly discussions, classes for body, mind, and spirit. Metaphysical gift shop, books, candles, and gemstones. Marietta (Austell & Callaway) 404-955-6641 <http://interfaithtruth.com>

2ND SATURDAY

INNER QUEST HEALING NIGHT - 2nd Saturday each month 6:00 p.m.- 9:00 p.m. Experience God's love through Reiki and Energy Balancing. (Love Offering) 770-521-2875, 12830 New Providence Rd., Alpharetta, GA. 30004. www.innerquestchurch.org.

3RD SATURDAY

MARKETPLACE 120 has Spirit Fair every 3rd Saturday of the Month. Come out for Psychic Readings and more. Our next Fair is January 16th. Come by and visit the Mystic Cafe Spiritual Learning Center. Marketplace 120, 562 Wylie Road Marietta.

FEATURING: KASHI ATLANTA ASHRAM - JULY 2016 EVENTS

-August Trans and Queer Yoga, Friday, August 5 @ 7-9pm

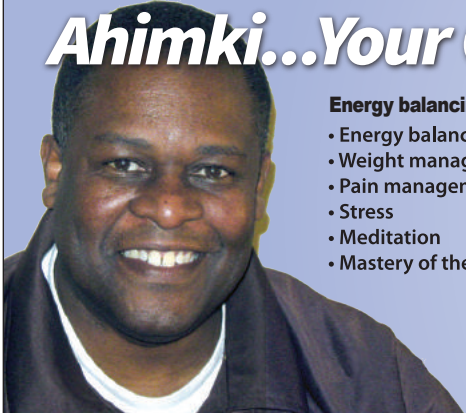
-Weekend Immersion - The Circle of the Real: Creating Space to Manifest Joy August 12 - 14

-Conscious Relationship Skills: How To Have a Hot Topic Conversation Friday, August 19

-Partner Yoga and Thai Massage, Saturday, August 20, 4:00-6:30pm

-Split The Tension with Yamuna Body Rolling, Saturday, August 20, 12-2pm

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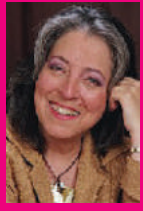


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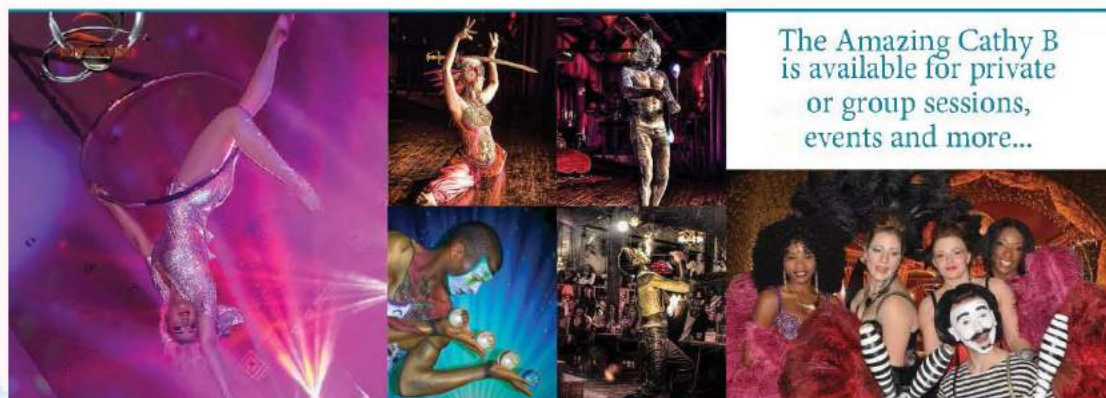
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