

August 2017

# AQUARIUS

• *Exploring Life In the New Age*

## The New Aquarians

**The Next Great Age**

*Sandra Weaver*

**The Children of  
the New Age**

*Alculin Bramerton*

### **Featuring:**

**Ian Boccio**

**Brenda Cobb**

**Phoenix Lea**

**Awilda Rivera**

**Crystal Bates**

**Janis Cohen**

**Sarah Petruno**

**Cathy Burroughs**

**Patty Paul**

**Becky Arrington**

**Ariel Rose**

**Kathleen Robinson**

**...and more!**

### **The Flying Mystics**

*Atlanta's Musical Treasure*

### **The Art of Aquarius**

*Featuring Krista Jones*



# AQ community spotlight

Perhaps the most hidden and remarkable treasure in the Atlanta music scene is the Flying Mystics, a three-man band that has carved out a niche of instrumental and technical precision while maintaining an artistic and creative flow that makes their recorded and live work an experience of transcendence, magic and wonder.

Flying Mystics is an instrumental trio based out of Atlanta. Shamanic journey, sonic healing, higher consciousness and world music are common descriptions of their unique sound.

They present their original and transporting music as an offering to the listener. The synergistic sound these three accomplished musicians create, according to writer Glenn H. Mullin is "Visionary and esoteric while remaining sensually intense and spiritually powerful".

Whether opening for Carlos Nakai, Peter Dinklage, Alex Grey Visionary Arts Festival, or the Drepung Loseling Monks of The Mystical Arts of Tibet, Flying Mystics appeal to the spiritual roots of the world, creating music that reminds us of our mystical origins.

The band consists of three players - Flournoy Holmes (flutes, drums, percussions); Zepi Morelli (guitars, kalimba); Todd Roderick (drums, percussion).

The trio has released three albums: *Begin Within*, 2009; *Amazon Flower*, 2012; *Cosmic Lotus*, 2015. They are currently working on their fourth album.

Most bands that attempt to create a mystical and transcendent experience for their listeners depend heavily on special effects and stage lighting. The Flying Mystics are raw and "un-effected", i.e., very little to no special sound or lighting effects are used. Their music is presented acoustically, and in the best tradition of world music...with minimal supplementation.

People who see the Flying Mystics for the first time are very much like I was...astounded. As I sat in the sonic tsunami they created, I was transported, deeply moved and ultimately transformed. In a brief conversation with Flournoy Holmes after the concert experience (and I hesitate to use the word "concert"), I expressed my wonderment at my reaction to their

music. He grinned and nodded his head.

"We get that alot," he said. "When we play, we channel. We know the basic structure of the music, and then we go with a

flow that emerges between us, and with the audience. It always seems to create something magical."

Indeed, it does. As a professional musician myself, I am in awe of the technical simplicity and instrumental precision of the band. Their live performances are flawless, and accomplish an amazing sonic environment. Their studio recordings are on par with every instrumental band out there, and stand easily with artists like Carlos Nakai, Mark McGwire, and Steven Tibbets.

The best part of the Mystics experience is how accessible and committed these guys are to spiritu-

al community of Metro Atlanta. Todd is a yoga instructor and owns a yoga studio; Zepi is a long-time resident who is integrally involved in the spiritual community; Flournoy is an established artist (see the feature on page 28).

Spontaneous is the best way to describe how they became the Flying Mystics. Morelli and Holmes met up years ago through the Tibetan Buddhist Center, collaborating on design projects, each having no idea the other played music. Roderick was Holmes' Ashtanga Yoga instructor and he asked him to join them on drums.

Their name is inspired by the artwork and images from the book *The Flying Mystics of Tibetan Buddhism* by Glenn H. Mullin. With a shared love of Buddhism and healing between them, the Flying Mystics 'of Atlanta' were born.

Morelli, guitar, born in Lima, Peru, has lived in Atlanta for over 20 years. His inspirations come from his musical family, a lineage dating back to the Incas of Peru and has passion for many genres; from Bach to King Crimson.

Holmes, flutes, drums, percussion and vibes, also comes from a musical family and remains a focal point of the Atlanta arts and music scene since the '70s, emerging as a prominent southern rock album cover artist.



Continued on Page 23 >





p5 - The New Aquarians



p2 - Flying Mystics



p20 - Sacred Dance

MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY

# AQUARIUS

August 2017

Vol. 25, no. 2

Publisher

Aquarius Media Network

AQUARIUS 770.641.9055

1027 McConnell Drive

Decatur, GA 30033

Distribution:

By yearly subscription or free  
at Atlanta locations, or digitally at  
[www.aquarius-atlanta.com](http://www.aquarius-atlanta.com)

## ADVERTISING

We offer reasonable rates for  
every budget.

Magazine, print and digital, web and  
social media, video creation, pub-  
lishing, marketing and podcast pro-  
duction.

For more information on rates and  
packages:

[info@aquarius-atlanta.com](mailto:info@aquarius-atlanta.com)

Find Us At:

Facebook/AQ - Aquarius  
Magazine

[www.aquarius-atlanta.com](http://www.aquarius-atlanta.com)

 **AQ crosses  
boundaries  
world wide  
every month...  
for just \$40 per  
year.**

Subscribe Online!

## Inside AQ...

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.

2	<b>Community Spotlight</b>	18	<b>Awaken The Goddess</b>
	<i>The Flying Mystics</i>		<i>Crystal Bates</i>
4	<b>The Age of Aquarius</b>	19	<b>Conscious Citizen</b>
	<i>Ian Boccio</i>		<i>Becky Arrington</i>
5	<b>The New Aquarians</b>	20	<b>Swaha Bhakti</b>
	<i>Don Martin</i>		<i>Nathaniel Ivey</i>
6	<b>The Next Great Age</b>	21	<b>MODALITY</b>
	<i>Sandra Weaver</i>		<i>Sacred Dance</i>
7	<b>Understanding Children of</b>	23	<b>Changing Reality By Choice</b>
	<b>The New Age</b> <i>Alculin Bramerton</i>		<i>Patty Paul</i>
9	<b>MEDITATION Still Point</b>	24	<b>Unique Voices</b>
	<i>Phoenix Lea</i>		<i>Donnalisa Grey</i>
10	<b>YOGA Under the Bohdi Tree</b>	26	<b>COMMUNITY CALENDAR</b>
	<i>Awilda Rivera</i>		<i>Weekly Events</i>
11	<b>A Channeled Message</b>	27	<b>COMMUNITY CLASSIFIEDS</b>
	<i>Steve Beckow</i>		<i>Services and Products</i>
12	<b>ASTROLOGY</b>	28	<b>THE ART OF AQUARIUS</b>
	<i>Ariel Rose</i>		<i>Krista Jones</i>
13	<b>TAROT</b>	30	<b>BUSINESS RESOURCES</b>
	<i>Kathleen Robinson</i>		
14	<b>To Your Health</b>		
	<i>Brenda Cobb</i>		
15	<b>The Intuitive Therapist</b>		
	<i>Janis Cohen</i>		
16	<b>Intentionology</b>		
	<i>United Intentions Foundation</i>		

## THIS MONTH

August 2017

The Age of Aquarius is upon us...and indeed has been ascending for the past four decades. There are three, almost four, generations of children who are Aquarius born, whose very DNA and spiritual world view are being shaped from the cosmic energies that issue from Aquarius. Come inside...and meet The New Aquarians!!



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

# the age of AQUARIUS

Ian Boccio

Welcome to the beginning of our series of explorations and discussions of the mystical paradigm shift that we call the "Age of Aquarius." Throughout this set of articles we will examine different aspects of this spiritual phenomenon, in an attempt to get a wider perspective on the direction of future events, and the challenges humanity will face in making the transition to our new reality. In this first installment, we will look at the Age of Aquarius as an astronomical theory, the physical manifestation that underlies the flow of subtle energy.

One of the foundations of astrological lore is the circle of the zodiac, a division of the starry sky, visible from the Earth, into 12 sections, each containing a representative constellation of stars that we can identify it with. We know these "signs" of the zodiac as Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces, in that order. As the Earth rotates around its axis and orbits the Sun, different sections of the zodiac are visible from different parts of the Earth. Many mystical effects are attributed to the energetic influence of these signs, which we will discuss at greater length in future articles.

The concept of astrological ages is based on the continuous movement of both the Earth and the stars that are visible from our planet. As the Earth goes about its wobbly rotations, the positions of the stars, from our point of view, changes over time. In recorded history, this was first observed in 127 BCE by the Greek astronomer Hipparchus, who found that, over a period of many years, the zodiac sign that is visible at the vernal equinox changed in a consistent manner. This effect, called the

precession of equinoxes, occurs very slowly. While the normal movement of the zodiac occurs within the space of one year, the precession of equinoxes requires over 2000 years to go full circle through all of the signs. In addition, the precession of equinoxes moves in the opposite direction, starting with Pisces and completing at Aries.

The theory that has emerged from this grand movement of the stars over thousands of years, the astrological ages, presents the idea that the precession of equinoxes represents a continuous flow of cosmic energy that affects all life on Earth in very specific ways. Although it is based on astronomical observations, there is nothing scientific in this theory. These cosmic vibrations that are emitted by the stars are of the nature of consciousness itself, and therefore resistant to calculations and measurements. The effects are most easily felt through mystical perceptions, as they have been developed through spiritual practices from cultures all around the Earth.

Attempting to find an exact date (like December 21st, 2012, for example) for the changeover from one age to the next is a contentious subject and generally not worthwhile. Many astrologers subscribe to the idea of a wave transition, which states that the changes between one age and the next take place over a period of time, perhaps as long as a few centuries before we leave the influence of one age and enter fully into the vibration of the next. This transition time is referred to as a "cusp," and it is generally believed that we are in one of these cusps today.

In very general terms, we can say that

previous age of Leo ("the Golden Age") occurred from 10,000 to 8,000 BCE, the age of Cancer ("the Age of the Great Mother") from 8,000 to 6,000 BCE, the age of Gemini ("the Age of Trade") from 6,000 to 4,000 BCE, the age of Taurus ("the Age of Agriculture") from 4,000 to 2,000 BCE, the age of Aries ("the Age of War") from 2,000 BCE to 0 CE, and the age of Pisces ("the Age of Monotheism") is just ending, having occurred from 0 to 2,000 CE. Which brings us finally to today, when we are moving into the age of Aquarius (which some call "the Age of Freedom"), which will be the major influence for the next 2,000 years.

Next month, we shall examine the nature of the previous age of Pisces, to see where we are coming from.



*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.*

**stephanie köhler**  
private yoga instruction  
sliding scale

available for public speaking  
and community building!

© Derek Bambach

[www.stephaniekohler.com](http://www.stephaniekohler.com)





# the new aquarians

Don Martin  
Publisher



In 1982, Nancy Anne Tappe, a noted parapsychologist and medium, wrote in her book *Understanding Your Life Through Color*, that increasingly through the 1970's she noticed more and more children born with indigo auras.

In her classification, indigo auras indicated a more sensitive, empathetic and somewhat non-traditional and even rebellious self-identity.

The concept of indigo children immediately entered the "mainstream", and those with an eye to astrological ages began to insist that the "Indigo Children" (IC's) were harbingers of the New Age of Aquarius, which was dawning at the end of the 20th century.

Flash forward to 2017, and those Indigo's have grown up into the Millennial Generation. And nobody can challenge the fact that the Millennials have become one of the most provocative generations in recent American history. As Tappe indicated, this is a generation that is more sensitive, more empathetic, and definitely non-traditional and rebellious to established norms.

And thus the Age of Aquarius is born...not with a whisper and a peace sign...but with a chaotic wave of non-traditional values and an apparently inborn rebellion towards the old Piscean structures into which the New Aquarians were born.

Around the world, the Millennials have created a huge social upheaval. They have been the leaders in challenging existing power structures...even to their own peril. It was Millennials who rallied in Egypt and Iran against ancient and corrupt power structures and religious ideals. The Arab Spring of 2011 was birthed straight out of the world view of Indigo Children, and it resonated with Indigos throughout the globe. Arab Spring is what started the Occupy Movement here in the United States and arguably the Occupy Movement was the generational awakening of the Millennials.

So...what is exactly going on, and how is all this related to the Age of Aquarius?

If you read Ian Boccio's article "The Age of Aquarius" you will understand that we are entering a new astrological age. New and different cosmic energies are bombarding our planet (the whole planet, and every person of every age and culture on the planet). These energies are impacting the evolution of human consciousness on our planet...and it is beginning to manifest in the values and actions of the first generation of the Aquarian Age - the Indigos.

The Age of Aquarius is symbolized as a

Water Bearer pouring water out on the earth. Aquarius is an air sign, which indicates that its energies have notable impact on communication.

Taken together, Water and Communication give us a strong hint as to how the energies of the cosmic Aquarius are impacting human evolution.

Electricity is an energy that is bound in the earth, and manifested through fiction. Water (and air) is how electricity was revealed on our planet. The advent of electricity brought an amazing civilizing influence to all of human culture in the 1800's and 1900's. Electricity also brought about the birth of the Television Age and the Computer Age...ultimately leading to the birth of the Internet.

The Internet has brought access to knowledge into the lives of people all across the globe, radically transforming human society. Many sociologists and historians credit the internet with giving birth to the Arab Spring in Egypt. Why? Because people who had been largely isolated from world events by their malevolent and oppressive governments were now being exposed to what was happening globally. Young women in Egypt learned that young women in other parts of the world did not have to wear hijabs or cover their faces or accept sexual abuse from males. Whole societies learned that freedom of speech was a right in many nations, not a privilege granted only to a few.

Everything changed.

But the reality was, everything was already changing. Most historians will acknowledge that the real Age of the Internet dawned in the 1970's...the same time period that Nancy Anne Tappe noticed that children were being born with indigo auras.

The Indigo Children (who would become the Millennials) were the first generation of kids born in the Age of Aquarius. The cosmic energies of Aquarius were effecting their DNA (indeed, later many parapsychologists and even non-fringe scientists noted differences in DNA structure of kids born in the 1970's). There is no commonly accepted theory as to why this difference exists, unless it is due to the exposure of their parents to mass media - a new force for conscious development in the 1950's and beyond.

Could mass media exposure have caused just enough of a mutation in generational DNA that in the 1970's a measurable difference in genetic structure began to manifest itself in children born during that era?

Or could it be that the cosmic energies of Aquarius brought about an evolutionary

"leap", creating children who were more sensitive, intuitive, and non-traditional?

Since the 1970's, there have been observable developments of conscious growth among each new generation of children born in the Age of Aquarius. The reality is this: THE NEW AQUARIANS ARE HERE!!

There are a lot of theories out there as to what is happening and why - from the silly to the scientifically sound. But this much is obvious...there is an increasing spiritual sensitivity among children, and the deeper into the Age of Aquarius we go, the younger this spiritual sensitivity seems to emerge.

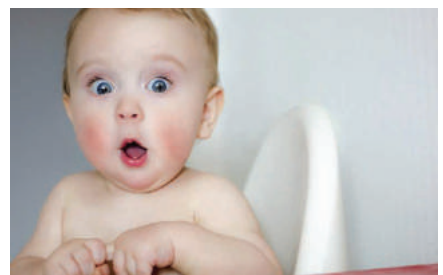
I believe that in the next 20-40 years, we will experience the first of the major evolutionary leaps that will cause a fundamental change in what we think of as human. Already, some notable scientists (like Raymond Kurzweil, the inventor of voice recognition technology) anticipate a convergence of human and artificial intelligence by the year 2050, which will make humans virtually omniscient and immortal.

Seriously? Yes! Google "The Age of Spiritual Machines" by Raymond Kurzweil, or google "the singularity" - you will be gobsmacked to see what awaits human evolution in the next 20-40 years.

But even now, as you read this issue of Aquarius, you will see that amazing, magical and absolutely earth-shaking developments are happening with the children at our feet. Kids are different...which is why the remaining rotten structures of the Piscean Age do not want to give them up. Over the next several issues, we are going to focus on THE NEW AQUARIANS.

And we will understand why Jesus, one of the earliest Masters (and himself an Aquarian) said "behold, a child shall lead them," and why he always welcomed the children to himself.

The New Aquarians are here...just in time!!







Sandra Weaver is an intuitive, medium, artist, writer and healer. You can learn more about her and contact her at [www.2012-spiritual-growth-prophecies.com](http://www.2012-spiritual-growth-prophecies.com)

The Age of Aquarius is causing great turmoil in order to make room for the new values of love, brotherhood, unity and integrity. Everything with Piscean values is being exposed and taken down. This includes governments, corporations, individuals, and even personal relationships. Many call this a disaster, as the world appears to be falling apart, but is it?

The Aquarian Age points to the direction of our own evolution in consciousness. We are each being asked to make a choice. We can cling to the old outdated values or adopt the new evolving ones. Our happiness and peace depends on our choice and the change will take place whether we like it or not.

Most people today sense something unprecedented in our world will happen soon.

Prophesiers such as Edgar Cayce called for a "gradual change" starting in 1998 between the Piscean Age and the Age of Aquarius. He didn't call for a cataclysmic end. He also hinted that it's up to us through our actions and choices as to how much pain this change will bring. The intensity and end result of the cycle change depends on how we handle challenges in our live RIGHT NOW!

"It may depend upon much that deals with the metaphysical...There are those conditions that in the activity of individuals, in line of thought and endeavor, keep off many a city and many land intact through their application of spiritual laws." *Century, Edgar Cayce*

It's uncanny how the Mayan Great Age and the Egyptian Age of Aquarius agree. These two ancient peoples were on opposite sides of the world with no physical contact.

Both the Aquarian Age and the Mayan Great Cycle appear to have begun at the same time, around 2012. One could argue that there was contact since the word "maya" also can be found in Greek text. What's interesting is both are based on precession of the equinoxes. Scientists today confirmed the galac-

tic alignment as the Maya predicted, "There's no question that one of the great cycles of the traditional ancient Mayan calendar comes to a completion of its count at that time in 2012," says E.C. Krupp, Ph.D., director of the Griffith Observatory in Los Angeles, California.

In fact, many scientists believe we should be paying closer attention to what the Maya predicted for our own sake. Hidden in their hieroglyphic text is the key to our own salvation, but we must open our minds to see it. The Maya calculated to the day the historic alignment on December 21, 2012 over 2,000 years ago.

*The tests and difficulties and pains of this era are symptoms or indications of the "entering into manifestation" of the new civilization and culture. They portend the birth of the new era for which the entire world waits.*

"...our ancestors devised every method imaginable to alert us to a single fact; now is the time of the most extraordinary conditions and opportunities that accompany the rarest of events, the shift from one world age to the next." *Fractal Time, Gregg Braden*

What IS NOT found anywhere in their text is doomsday for the world. In fact, the Maya did everything they could to inform us of the great "window of OPPORTUNITY for spiritual growth" opening to us with this historic alignment of the earth, the sun, and the galactic center of the universe. The Age of Aquarius mimics the ancient Mayas prediction for the next Great Cycle.

### What does the Age of Aquarius or Aquarian Age represent?

"The Age of Aquarius is the Age of Freedom, Technology (especially electricity), and the Water Bearer."

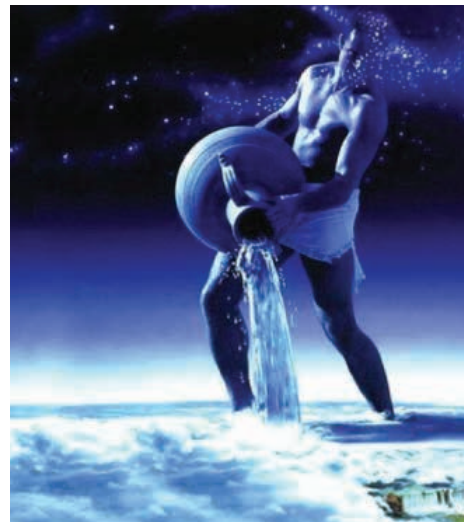
The rapid changes in technology we've seen in the last number of years was orchestrated by the universal, or divine, forces to prepare us for the next new age, the Age of Aquarius. Our technological boom was not because of our "superior"

inventiveness compared to our ancestors, as some may think...It was all part of the universal plan to prepare us.

Another key trait of this new age is "humanitarianism without prejudice or preference." This could represent the emergence of pro-active intergovernmental organizations and unified global movements. Maybe we'll finally learn to work together for the betterment of the "whole" world as a unified unit. Now that's progress: when everyone, and everything wins!

We are all experiencing these trait changes now as we travel the path from Pisces to Aquarius.

The general consensus is an Astrological Age is about 2,150 years with some deviation because the earth's rotations vary in length. Another factor is the disproportionate sizes of the constellations.



Keep Reading Next Page >



This coming new era should usher in a period of group consciousness. Aquarius and Leo are polar opposites. As precession marches further into the Age of Aquarius, the "intensive self-consciousness of Leo" should expand into the "group awareness of Aquarius." In other words, the individual should become the universal while still maintaining individuality. Personal Identity will be lost for the good of the whole. Yet personal spiritual identity would remain intact.

It's a time to understand that WE are the spiritual masters we have been waiting for. This is a time of the merging of the opposites, the masculine and the feminine. These two energies within each of us will once again work together to know God. And, they will act on divine inspiration, bringing messages from the divine to manifestation in the world.

### **As we think so shall we create.**

In a new and developed consciousness everything will be given freely on demand to meet a need. Aware individuals will not conceive of lack. What we give out of love grows, not diminishes. We will become "spiritual beings having a human experience," instead of human beings having a worldly experience. Spirit and matter will merge and function as one.

It will be the feminine (receiver of divine inspiration), and the masculine (acting it out in the world), uniting as one unit...unquestioning...without altering messages from the divine.

It would be the end of selfish desire and the beginning of selfless free expression of the soul of humanity.

The radical social changes in the 1960s happened when the conjunction of the planet Uranus occurred. This is a planet ruled by the sign Aquarius and the coming New Age. This event represents the changes needed for the Age of Aquarius.

The major part of the change began in 1987 at the time of the Harmonic Convergence. A transition began at this time heralding increased spirituality and harmony among people.

The Indigo, crystal and rainbow children are here to help us move towards the Age of Aquarius values of "love, brotherhood, unity and integrity." These children possess increased spiritual sensitivity, and have stronger ties to the upcoming values.

"...the sign Aquarius into which sign our sun is now entering, its three decanates, Saturn, Mercury and Venus, bringing inevitable difficulty, illumination and brotherly love. On the ordinary wheel (spiritually undeveloped man), in all outer affairs, Saturn controls, and we consequently find ourselves today in a state of chaos and trouble. But, as far as the consciousness of the race is concerned, Mercury is becoming increasingly active.

A steady illumination is taking place and light is being thrown on all problems - light on government and politics through experiments and the study of great and basic ideologies; light on the material nature of the world through all the many branches of science; light on humanity itself through education, philosophy and psychology. This light is spreading down to the very darkest places in our planet and its many forms of life." *Esoteric Astrology, Alice Bailey, 1975*

This quote that states the challenge of the coming Age of Aquarius:

"The tests and difficulties and pains of this era are symptoms or indications of the "entering into manifestation" of the new civilization and culture. They portend the birth of the new era for which the entire world waits. This will happen if - speaking esoterically - the sixth ray energy of Mars (lower chakra energy) is transmuted into the sixth ray energy of Neptune (higher chakra energy), for the one is "objective and full of blood", and the other is "subjective and full of life." *Esoteric Astrology, Alice Bailey 1975*

So...if Alice Bailey, a master astrologer, is correct, it will be up to us... all humanity...to decide which direction we take in the coming new age, the Age of Aquarius. It's in fact a choice...a personal one, as well as a collective one. Change always starts with the individual.

It's through the synergistic efforts of the individual that the collective consciousness is changed. So don't take your personal direction choices lightly. A positive move towards the divine, compounds and has far more effect on the collective consciousness of the earth than a negative stand.

God after all in his infinite wisdom gave us Free Will. So, will we allow ourselves as a whole to be swallowed up in hate, greed, and prejudice? Or, are we tired of this yet? The other choice is to reach for the light and go in the new direction represented by the coming new Age of Aquarius of "love, brotherhood, unity and integrity." Will we learn to live and work together for the good of the whole planet? Or, will we continue on the road of self-destruction we've been traveling now for some time?

I know some of you are thinking you are helpless to steer the change. But you're wrong! It can happen. All it takes is for you and I and the next guy to change our thinking and values to align with the coming new Age of Aquarius. Once the synergistic ball starts to roll, it will be unstoppable.

***All it takes is for you and I and the next guy to change our thinking and values to align with the coming new Age of Aquarius. Once the synergistic ball starts to roll, it will be unstoppable.***





**Alcuin Bramerton**

## **Understanding The Children of the New Age**

It is becoming apparent that all over the world children are being born now who are more advanced, spiritually, than most adults.

Many of these children have psychic or clairvoyant powers. They can see people who their elders and betters say are not there. Their invisible friends are often more important to them than their parents.

Some of the children live simultaneously in full waking consciousness in more than one dimension or reality. Benign extraterrestrials are their confidantes and helpers. They carry clear recollections of past and future lives. They are healers and they are knowers. Some, it is said, are not only human beings, they are simultaneously angels and benign extraterrestrials as well.

Many of these children have strange eyes. Light comes out of them; pale blue light sometimes; directed light. Some of them have very old, wise-looking, deep-seeing eyes. When their brains are scanned, unusual electrical activity is observed. They communicate with each other telepathically.

They are creative. They love animals, flowers, water and crystals. They prefer to wear nothing on their feet. They prefer outdoors to indoors. They loathe the smell of television.

.....  
The New Age children among us are free at the level of spirit. And they feel no fear. They hate the psychology of control and they therefore hate school, they hate religion, and they hate our meat-fixated prescribed diets. Some do not need to eat or drink at all.

The Western educational establishment responds to these children as enemies. They are stigmatised as having behavioural special needs, their approach to life has new disease-names invented for it, and they are drugged stupid with Ritalin and other child-poisons to avoid embarrassing the received orthodoxies of adult normality. Orthodox religion says they are possessed by evil spirits. Dieticians say they will die of malnutrition.

Because the New Age children are free and fearless, they do not hesitate to controvert the control systems they are made victims of. They are not afraid to rebel, to misbehave, to be awkward or disobedient if their personal spaces are invaded by grown-ups or removed by institutions trying to cure them.

Often they do not concentrate in class because they cannot concentrate in class. They are being distracted by psychic experiences. They are doing more important work in the universe next door.

Often they get deeply frustrated with educational tasks which do not require, or applaud, creative thought. They get deeply frustrated when their linguistic creativity is rubbished as being dyslexic, ungrammatical or rude.

Because they feel no fear, they sometimes play truant from school and from home. Because they feel no fear, they sometimes deliberately become pregnant in early puberty to demonstrate their freedom and to exercise their creativity. Because they feel no fear, they sometimes commit suicide if their parents and schools prove to be unsatisfactory nurturers.

These children are here to smash up the system. We need their help and we need their teaching. They are wise beyond our imagining. They will help us to build new systems built on freedom, justice, creativity and sharing. They will teach us how not to feel fear. They will teach us to be free. They are not only the children of the New Age; they are the creators of the New Age.

In March 2012, Sharon Rose, on her Walk the Earth as a Living Master website, addressed the issue of the New Age Children, their spiritual status in human evolutionary change, and how spiritually conscious adults might help them in their mission. Here are some of the comments which she and her colleagues on the spiritual planes offered:

Some of the glorious children who are presently on your Earth have never lived on your planet before or have only been on Earth a few times.

They were trained on the inner planes as were each of you before your soul's first embodiment to understand how to use their third dimensional senses, mind and body. They were also taught that sound, color and certain geometric formations are constantly being projected out of their etheric being every time they think or speak, and that these thoughts and feelings then move into manifestation.

These etheric emanations are generally not seen or heard since it would make life on the third dimension very complex for the majority of humankind. Even the new children are only seeing as much as they can assimilate while they are still learning how to coordinate their lives and their bodies using their third and fourth dimensional senses.

As they move into more of their multidimensionality, a great number of these new children will be acknowledged as geniuses, mostly in the arts and sciences. Since their pre-separation Divine DNA is often activated, their presence in the world is a major part of stimulating this potential opening in other children and adults.

*Keep Reading Next Page* >

Because they have so little third dimensional history, they are not limited by the painful programming from the past. Instead, they have the pure delight of seeing the world in its paradise emanations.

When children are young, their actions are directed by their intuitive knowingness rather than by their rational minds. Children are always delighted to remind adults how to be more spontaneous. However, instead of this being seen as a positive thing, it is often viewed as being a threat to the adults' authority over the child.

Some adults unknowingly instill fear by making the child believe that their behavior is wrong rather than simply a joyous expression of their unbridled spirit. These beliefs can then undermine the spontaneity of the child or, eventually, the super creative inner child of the adult.

Children brought up and taught by spiritually conscious parents and teachers are a vital link to healing the fear-based programming which has continued to perpetuate separation and duality thinking on your Earth.

At the beginning of their lives, most children do not understand what it even feels like to live in fear or separation. They intuitively and instinctively know they want the freedom to simply be themselves. However, if this freedom is not connected with some basic levels of responsibility, then children turn out to be very selfish and narrow in their perspective.

Responsibility can be stimulated within the hearts of children based on their remembering who they are and why they are here, specifically during these times of transition from the old paradigm into the new. Then they will be inspired to be responsible citizens in your world and they will want to support the highest and best in themselves and everyone else.

When being oneself is understood and lived as being their Presence or God Self, then these precious children will keep expanding their ongoing mastery and create fulfilling lives of freedom and joy.

Children are a direct link to Source as they have so recently come from the heavenly realms. You have only to look into a child's eyes to feel the depth of their connection to Source and to be a witness to the miracle they truly are.

I want to encourage you to assist children in remembering their connection with their True Self, and for you to take the time to recognize each child for the immediate service they are providing just by being on Earth at this important time in the evolutionary journey of humanity.

The children who are here now, and those who are still to come, are the spiritual wayshowers of their generation and the next. Bless them as they are blessing you, and surround them in your love whenever possible so they can keep remembering that love is truly who they are.

---

*Alcuin Bramerton writes the blog "Alcuin and Flutterby", and also writes for medium.com. He focuses on New Spirituality and geopolitics, and often considers the meaning of God.*

# STILL By Phoenix Lea POINT

## MEDITATION

Rest within the energy of the universal heart.

Hello Dear Reader...

It is becoming increasingly difficult to hold the high vibration without separating ourselves from those who dwell in drama and discontent. The illusion of separation is what is being healed among the collective consciousness right now. This is a process of remembering ourselves as divine and human and feels like waking up from a long and deep sleep. It also appears that the younger generations need very little help knowing their truth. Where those of us who are older than 30 often need help letting go of beliefs and thoughts that "tether" us to the old patterns of our failed histories in politics and religions.

Where do we go from here? Back to the drawing board of our divine truths for starters. As a mother I know what attentions I had to give to raise children with a god-conscious mind. To guide their character with focus and freedom to their spirit and hearts expressions. We are now in adult relationships with one another respecting and learning to love in new ways all the time. We communicate our truths with spiritual insight and maintain a physical presence of enjoying companionship. This level of community has taken many years of surrendering to the floods and sunsets in life.

Creating a Still Point is for the purpose of cultivating the ability to hold spiritual counsel with oneself. Then take that clarity, which is a clear third and fifth chakra unified, out into your relationships. This is a contract that you create with yourself to say "I feel truth, I speak truth". Couple this intention with the laws of attraction and you're manifesting before you know it! When

we understand that our wars are over and healing is the jubilee that we are living, the shift becomes more stabilized. You move inward away from turbulent circumstances and find peace a daily part of your spiritual diet.

We are here to be peaceful people passionate about love and creating unity. Living together in harmony without fear. Sounds utopian I know. Why not? It has been eons since we have experienced this as a collective race. My heart says we are here. If enough of us want it and practice it then it will be effectual. There is a part of me that understands there are portions of our world at war daily and impoverished without rest. Most difficult to endure as an empath assisting in the clearing of low vibrations off the planet. Many years I spent as an spiritual initiate weeping to release guilt, shame and fear from our cosmic fields. We must be effective where we can. Community.

Our Still Point like a skipping stone across a calm and cool river is to take an active rest in your life. Be more playful and live your love from the clear deep space of understanding and compassion of self and others. Be quick to forgive and reconcile emotional turbulence. Teach your children direct contact with the divine essence within them and love your creation with an open mind. Beauty unfolds us and shadows will transform in the light of our love if we let it. The unknown becomes known and we begin to see and hear differently.

Appreciate who you are and show others how to do the same. Namaste.  
Phoenix Lea  
2017



*Now* ACCEPTING EARLY REGISTRATION FOR THE FALL CLASS.

## KABALAH: A PROCESS OF AWAKENING

NEW CLASS BEGINS WEDNESDAY, SEPTEMBER 20

7 - 9 pm / \$75 every month

This course will initiate your personal growth by exploring the answers to life's profound questions. Weekly lectures take you on a journey of self-discovery, of finding balance and reviewing those aspects which are pertinent to life—philosophically, psychologically and spiritually. **Get ready to know thyself!**

## YOGA SUTRAS: A DISCOVERY OF SELF

NEW CLASS BEGINS THURSDAY, JULY 27

Accepting registration until August 17

2:30 - 4:30 pm / \$85 every four classes

Remote study is available

Yoga Sutra is the study of human psychology. This 24-week class will apply a modern interpretation to the sutras—196 in all. Through discussion and meditation, each class will integrate the sutras into your consciousness and help you understand how this age old wisdom applies to your own life. You will discover why each experience is necessary in order to develop your ultimate potential, thus, making your entire life a living meditation. The study of these teachings will help bring balance to you on a personal level as well as to the Collective.

### TO REGISTER

Please call the Center at  
(404) 320-1038 or go to

[www.karinkabalahcenter.com](http://www.karinkabalahcenter.com)



KARIN  
KABALAH  
CENTER



2531 BRIARCLIFF RD. | SUITE 217 | ATLANTA, GA 30329

## YOGA: Under the Bodhi Tree By Awilda Rivera



Its summer in America which means its time for Pool Parties, BBQs, Camping, Hiking, Outdoor Concerts, hitting the beach or lake and generally enjoying life outside. When the weather is nice, going back inside to practice yoga may not be your first choice. Thank goodness for the invention of the YOGA FESTIVAL. If you're worried these Festivals will lack the intellectual angle you need to dive deep into your practice then head to a YOGA CONFERENCE instead.

Over the last 5-10 years, Yoga Festivals have popped up all over the world. Yoga Festivals offer the best of what the outdoors have to offer coupled with Yoga Asana, Mindfulness classes, and amazing workshops. Regardless of your level of adventurousness, there is definitely a Yoga Festival for you!



The Southeast boasts at least 10 Big Yoga Events from May to October. These Festivals and Conferences offer an opportunity for you to get up close and personal with influential teachers, and scholars while learning and discussing the reality of Yoga in 21st century.

In Atlanta we have 3 noteworthy Yoga events:

**Dancing Tree Yoga Festival** – nestled in the heart of the blue ridge mountains at the Heartwood Center this wonderful outdoor driven festival brings all the joy of GA to life in a mindful comingling of wonderfulness. This year – Leigh Ann Neal – one of my favorite teachers & owner of Nirvana Yoga Atlanta was one of the featured instructors. This June Festival promises to only get better in the years to come. (Want to take class with with Leigh Ann sooner then next June? Visit [www.NirvanaYogaAtlanta.com](http://www.NirvanaYogaAtlanta.com) and sign up for her next class!)

**Dirty South Yoga Festival** – this innovative social impact Yoga festival takes place in the center

of bustling Atlanta.

The two day festival combines social impact projects, a curated selection of the best yoga teachers in the city, and fund raising for local yoga based non-profits. Dirty South also aims to bring new innovative teaching styles to the forefront. Movement Love with Maggie Benoit is the belle of the ball this year. Benoit combines movement programming alongside collaborating audio & visual artists. She has found a way to pair installations, interactive media, live projection and movement in an organic way. Her hope is to create a therapeutic space where both the individual and community can grow. If you missed Dirty South Yoga fest, you can catch her Movement Love series bi-monthly at Atlanta Contemporary. Trust me you want to experience this amazing experience for yourself!

**South East Yoga Conference** - is a September gathering of the best Yogi's from around the country. This year's conference boasts names like Alexandra Crow, Dana Trixie Flynn and Atlanta's own - Swami Jaya Devi Bhagavati. The Conference offers a unique opportunity for Yogis to come together to freely discuss the current state of Yoga on & off the mat, good or bad. The great thing about this conference is that it offers several free events through out the 3 day conference that the general public can attend, even if you are not attending the conference! It doesn't get any better then that.

Although you may have missed Dancing Tree & Dirty South, its all GOOD!! You can still get your yoga festival fix in Chattanooga, Nashville, Floyd Virginia, Maryland or North Carolina – as long as you don't mind a road trip. Visit <https://www.yogajournal.com/life-style/the-2017-yoga-festival-line-up> for more details about those festivals.







# A Channeled Message: The Children of Ascension

Steve Beckow

The Indigo, Crystal, and Diamond children being born now are the Children of the Sun, the Children of Ascension. SaLuSa calls them "old souls in young bodies, who have brought much wisdom with them." he advises us to "allow them to speak of what they bring as they are very spiritually evolved and are here to play a major part in the process of Ascension." (1)

Matthew Ward distinguishes between Indigo and Crystal children:

"Souls are being born in bodies with the enhanced DNA of crystalline cellular structure and are rightfully referred to as Crystal Children. Others with increased intellectual capacity, spiritual clarity and aspirations came in the two generations before the Crystals and are known as Indigos.

"Sadly, in many cases these youngsters were considered abnormal, treated harshly and drugged into submission — once again, through the manipulation of dark ones who convinced unsuspecting counselors and parents that these exceptional children must conform to the 'norm.'

"As knowledge about Crystal and Indigo individuals is spreading, some of the older ones are becoming aware of their greater potential and making life changes accordingly; parents are recognizing their young children as gifted and wisely treating them as such; the use of drugs to keep children with extraordinarily active minds in a stupor is lessening; and, indicating awareness of the beneficial influence of fine music, the numbers of youth choirs and orchestras are growing." (2)

In a later message, he returned to the subject and said:

"Yes, the children whom you call Indigo or Crystal came in with or have acquired crystalline DNA. Although they chose parents who would cherish and nurture their differences, sadly, this has not been the case for many of these special children, particularly the older ones. It is heartening to see that some parents stopped drugging their youngsters into submissiveness and other parents are

realizing that turning their children into listless conformists is not benefitting them." (3)

Steve Rother's source, "The Group," also tells us that they need not evolve like us.

"The children being born now do not have to go through that same evolutionary process, for they are being placed well above the curve. The rest of you here are the ones of you evolving to catch up." (4)

The Group says that, unlike us, who left a large part of ourselves on the higher planes when we incarnated, these children brought that part with them:

"When you first took the body, there was a huge portion of yourself that would not fit into the physical body. You left that portion behind in the other dimension you call Home. You actually connect to Home through this part of yourself, which you have called your Higher Self.

"It is that part of you which lives outside of your physical body. More of that part of you is now going to be in the physical body.

"The children being born every day are bringing these attributes in. Their eyes are getting brighter and you are starting to see more energy coming from them and more capabilities. You will also see them communicating telepathically in ways that you have never done before. But yet, you are evolving into that exact process." (5)

The White-Winged Collective Consciousness of Nine tell us that:

"The young Indigos are unshakeable in their knowing of what is in alignment with planet Earth's frequencies at this time — and they anchor this into reality." (6)

Archangel Michael through Celia Fenn says the Crystal children are assisting us to awaken.

"At this time of Accelerated Change and Transformation, it is once again the

Children who are playing an important role in holding the energies and providing a strong field of energy to assist the process. There are two groups that are specifically active right now.

"The first group are the Crystal Children, but more specifically the Children of the Diamond Light, that have been born since April of 2009. These New Children are born fully aligned with the Cosmic Consciousness or the 'Cosmic Rose,' and we call them also 'Children of the Sacred Rose.' Their powerful energies are assisting many to Awaken and to find the Bridge of Light into the New Earth Consciousness. (7)

A new wave of Diamond children is now coming in that will further accelerate consciousness.

"In the course of the year of 2010, and through 2011, there will be a new wave of Diamond Light Children who will also carry the energy of the Platinum Ray in their personal holographic field. These children will also contribute powerfully to the energies of Transformation and will enable a further acceleration of consciousness, so that the Divine Light within Humanity might emerge more rapidly in the Collective as it rises into the Fifth Dimension of Light." (8)

The Indigo children, now in their thirties, will lead in building new institutions and new methodologies for the ascended Earth.

"The Second important group will be those Indigo Crystal Beings who incarnated on the Planet as the First Wave of Indigos in the 1970s. These ones are now in their thirties, and are entering into mature adult life and activating the soul work and purposes for which they came to the Planet. Many of these are Powerful and Evolved Souls who will be the Leaders in building the new forms and structures of the New Earth.

*Continued on Page 22* ➤



# horoscope

## Leo July 23 - August 22

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

### ♌ Leo (July 23 - August 22)

Happy Birthday Leo! You can create your own fireworks this month with the Sun and dynamic Mars traveling in your sign. Your personal energy is bright and direct, so no one will be able to ignore your presence. Communications and a better home situation are also on the horizon, but could require some adjustments to reap the best rewards. Buy yourself a nice new candle and some bath salts to regenerate and refresh! The Solar Eclipse and New Moon in your sign on Monday 21st will help energize and clarify your mind.

### ♍ Virgo (August 23 - September 22)

You will be extra sensitive this month and should make plenty of time for rest and peaceful space. Don't hold back if you need to cry, process and heal from any difficult experiences you've had over the past year. Working from home or tackling projects on your own is also favored to keep from scattering your personal energy. Writing in a journal or confiding in a trusted friend will help restore and refresh you.

### ♎ Libra (September 23 - October 22)

The month of August presents many opportunities to be out and about in larger social groups. Your mind will be focused on serving the greater good which could lead to work in charitable or humanitarian efforts. You will have the ability to express far-reaching and unconventional ideas with style and grace. Take time to consider the pros and cons of any work offers you receive.

### ♏ Scorpio (October 23 - November 22)

The bright sunny nature of Leo presents many challenges to your dark and mysterious style. This month is no exception, as you will be asked or pushed to take the spotlight or be more public than you prefer. Do your best to accept the position gracefully, as there could be longer term benefits to going with the flow. This is also a wonderful time for travel with a friend or romantic partner to help relieve stress or tension.

### ♐ Sagittarius (November 23 - December 21)

Your natural traveling instinct is strong this month and you'll be ready and energized to have a new adventure. If you aren't in a position to take a trip, make it a small vacation or read/watch something educational and uplifting. You could find opportunities to display your unusual and unique thoughts in a direct and open style. Work to relax judgement and be more accepting of different mind-sets and opinions.

### ♑ Capricorn (December 22 - January 19)

Innovative thought and finding unusual solutions to everyday problems will be important to you this month. You are continuing to work with unexpected changes in your home environment which are linked to your personal relationships and self-identity. You may feel extra secretive and intense in your emotional life. Use those deep feelings to inspire greater creativity and powerful manifestations.

### ♊ Aquarius (January 20 - February 18)

The warm fires of Leo will be lighting up your relationship house this month. This influence can help you embrace the softer side of your personality and step outside the realm of intellect to connect to deeper emotions. Your ruling planet Uranus goes retrograde on Thursday 2nd, pushing the need to review and possibly alter future plans. The Full Moon and Lunar Eclipse in your sign on Tuesday 8th have special meaning for you, as you work to clear away the old and welcome in the new.

### ♋ Pisces (February 19 - March 20)

The focus for August is health and healing - both on the physical and emotional levels. If your energy has been low it could be a good time to have a check-up or try alternative treatments like massage or naturopathic medicine. Getting yourself feeling better will have a direct positive impact on your career or public image. Your sense of beauty and innovation are high now and it's a good time to update your personal style or create something new!

### ♈ Aries (March 21 - April 19)

A month of strong creative energy opens up for you and the fires of Leo grant you extra confidence. Be sure to focus your power into positive expressions and not stirring up needless fights or arguments. Make an effort to reconnect with home and loved ones to stay grounded and stable. A physical check-up or addition of a healthy routine can help to calm your mind and keep you from feeling burned out or stressed.

### ♉ Taurus (April 20 - May 20)

The fixed quality of Leo can present a challenge to your steadfast nature. Don't be surprised if you find yourself butting heads with others, especially at home. Take time out to practice some yoga, hiking or other activity that brings you balance and calm. Communications with friends should mostly be smooth and it's a good idea to get out for dinner or relaxed social time.

### ♊ Gemini (May 21 - June 21)

Communications are strong, colorful and creative this month. You have the power to express yourself and can be quite forceful about getting your point across. Take time for relaxation, as your mind will be going faster than usual and will need some calm moments. It's a positive time to review your finances. Try to set some money aside for a home repair or renovation.

### ♋ Cancer (June 22 - July 22)

Your personal charm is highlighted this month and you will be extra attractive and gracious to everyone around you. A positive flow exists between your personal value structure and how you express creativity. Your heart is warm and open to children, families and animals in need. Use your nurturing abilities to manifest balance and harmony for situations that need peace.

# Welcome fellow Stargazers!

The warm sun of August is upon us and so is the Solar-powered energy of Leo the Lion. The influence of Leo heightens the color, drama and creativity of all people and adds extra strength to those born under this sparkling sign. The Lion or Lioness comes into the world with a natural radiant star power, owing to the fact they are the only sign ruled by a star (the Sun) and not an orbiting planet. Their glowing charisma can earn them many admirers and by the same token turn people off if their ego gets out of hand. Even the more quiet and humble Leo personality still simmers with creative vision and will be greatly dedicated to their artistic expressions. You will find many famous Leo film directors, actors and public figures. The Lion rules all areas of theater, presentation and grand performance.

If you are one of these great cats, beware of false flattery - unscrupulous people will offer it up and you enjoy hearing the praise - just make sure you know the difference between pretty lies and true appreciation. Leo rules the heart, has straight-forward feelings and detests emotional game playing. When they offer you their love, you can believe it is a loyal and true affection. The Lion is also a hero for the underdog and loves coming to the rescue of those in need. A Leo performing selfless acts is truly inspirational, as they can inspire courage in almost anyone they meet.

Our month of August features plenty of intense energy, as we will experience both a Lunar and Solar eclipse. The Lunar eclipse occurs on Monday 7th 2:11pm EST in the sign of Aquarius, which coincides with the Full Moon. This will be a powerful Full Moon eclipse that will challenge us to review our higher ideals and release old thought patterns that are no longer serving us. The Solar Eclipse takes place two weeks later on Monday 21st at 2:30pm EST. Both Sun and Moon will be in Leo and in a New Moon phase. It's time to embrace your personal star-power, courage and talents. Remember what makes you feel happy, creative and strong to begin new positive progress.

Be aware we will have a Mercury retrograde this month in the sign of Virgo starting on Saturday 12th at 9pm EST. This retrograde will have us doing a big re-organization of work goals, health habits and how we deal with anxiety or worries. Clean, refresh, purify and remember to take set-backs in stride. All the usual retrograde cautions apply - don't make big decisions or sign binding agreements during this period of time. Mercury goes direct on September 5th at 7:29am EST.

Have a wonderful month and keep your cool!





# Kathleen Robinson

## Legacy Of The Divine Tarot

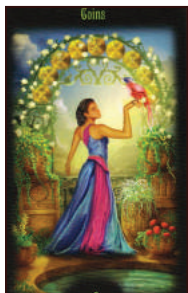
### August 2017



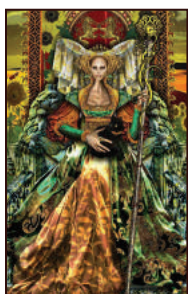
**2 OF COINS:** This month you will be making some kind of a decision that will require you to balance the pros and cons of different options as well as use your intuition. Any time it is necessary to decide something—whether it is important or just a day-to-day situation-- we should remember to use both our left and right brains so that we come to a choice that in our hearts we feel is right for us at the time. And then once you have decided, the best thing to do is to just go with the flow and stop worrying about the outcome. Don't take it too seriously and be flexible, because it is better to just see what happens, without expecting a particular result.



**THE WORLD:** In the past few months, or year, perhaps you have had a lot of ups and downs, challenges, problems, or disappointments, but also successes and rewards. The message from this card is to let us know that a lot of the hardships you have endured are paying off, and now is the time to reap the benefits of what you have learned from the difficult times. This is a time to be exuberant and excited, for the bounty of your hard-earned lessons is now within your grasp. So be prepared to have fun, enjoy yourself, and see a happy time entering your life where good things are coming to you.



**9 OF COINS:** Going along with the energy of the World card is the 9 of Coins. You will be feeling satisfied and fulfilled with your life right now. The beautiful energy of success is with you, so enjoy all that it has to offer. You have worked hard, done the work, faced the challenges, and now is the time to relax a bit and enjoy what you have created. You have shown discipline and self-control, relying on yourself to make things happen. Give yourself a pat on the back for all that you have accomplished, and revel in the joy that you deserve.



**QUEEN OF WANDS:** The Queen of Wands reminds you that you are very self-confident and assured during this month, so keep moving forward, letting nothing get in your way. You are action-oriented and energetic, not willing to just rest on your laurels. Yes, you can enjoy your successes, but this does not mean that you can just sit back and wait for things to happen. Keep the momentum moving forward, and feel the warm glow of confidence and

optimism that exudes from you. You know what you want, and you will go after it with gusto and passion. You are on a roll, and now is the time to keep moving ahead.

**TRENDS FOR THE MONTH:** Wow, what a wonderful month August is appearing to be! You will have decisions to make, but you will figure them out with ease. You are at the end of a wonderful cycle of learning, discovery, challenges, and successes. Now is the time to have fun and give thanks for all that you have accomplished. Looking back on what has transpired over the past few months, you may be amazed to see how far you have come. It may have been a hard road at times, but you have persevered and are now in a really good space. Enjoy the self-confidence and determination that have gotten you this far, and continue to shine like the star that you are. You deserve all the good things coming this month, because you have earned them.



*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](http://www.kcrcounseling.com), email--[krcrcounseling@gmail.com](mailto:krcrcounseling@gmail.com), phone--770-436-9564. Available for phone and in-person readings.*



**PHOENIX & DRAGON BOOKSTORE**  
Books and Gifts Celebrating the Human Spirit

- Listen to over 800 CDs in our listening stations
- Delight in clothing, jewelry & accessories fit for a goddess
- Explore our diverse selection of books & tools for conscious living
- Choose from our exotic array of natural oils, candles & incense

5531 Roswell Rd. • 1/2 mile inside I-285 • 404-255-5207 • [www.phoenixanddragon.com](http://www.phoenixanddragon.com)

Open Daily  
Mon - Sat 10 to 8  
Sunday 12 to 6  
Professional Psychics  
Available Daily



## Magnificent Okra

Brenda Cobb

Okra originated in Africa, most probably in the region of Ethiopia, where it still grows wild. It was brought to the European continent by the Moors. It is believed that the French introduced the plant into the United States early in the eighteenth century, because it is a popular ingredient in the famed French cuisine of New Orleans.

It is a tall warm weather plant related to hibiscus and cotton and is raised for its edible pods. It grows on a showy, flowering bush, and the foliage in some types can reach a height of as much as seven to ten feet. The finger-like edible pods, sometimes called "lady fingers," are actually immature seedpods that develop from the plant's pretty red-throated yellow blooms.

If allowed to fully ripen, okra becomes fibrous and indigestible. In most varieties, the pods are slender, deep green, and ridged, growing up to seven inches long but picked for commercial use before reaching this length.

One miniature type, marketed as "Chinese Okra" has plumper, more rounded pods that are two to three inches long.

When purchasing okra, choose small pods that are firm, springy, and resilient when pressed and that have a rich green color with no signs of surface discoloration. Those pods less than three inches long are preferable because the larger pods are often hard or tough.

Okra is a favorite vegetable throughout the southeastern United States. It has a subtle tart clean flavor that falls between that of eggplant and asparagus. Some people even liken the flavor to a combination of green beans and gooseberries. Wash them just before preparing and cut off the woody stem ends, but be sure to wait until the last minute to do this or the pods will quickly start oozing. In-

side the tapering, fuzzy green pod is a soft tissue that exudes a sticky juice when cooked. This stickiness is what makes okra a thickener and also why many people turn up their noses at its mere mention. The trick to cooking okra is simply not to overcook it as prolonged cooking only promotes gooeyness.

Okra is the main ingredient in gumbos and curries and it will thicken any dish to which it is added. It can be boiled, baked, sautéed, stuffed, fried or combined with onions, tomatoes and other vegetables. When cooked in utensils made of copper, brass, iron, or tin, okra may discolor and turn an extremely unappetizing black.

Okra contains a vegetable mucin that is soothing to irritated membranes of the intestinal tract. Other health benefits include its ability to lower cholesterol levels, improve digestive health, improve vision, boost skin health, strengthen bones, improve cardiovascular health, aid the immune system, lower blood pressure and protect heart health.

Okra is a good filler food that curbs hunger and keeps you from tiring out. It strengthens your immunity against conditions like diabetes, high cholesterol, Alzheimer's, liver disease, breast cancer and asthma. It is rich in vitamins A, C, and K and helps fortify bones while also improving your eyesight.

Unfortunately fatigue has become epidemic in today's world. It used to be that fatigue was mostly age or sickness related, but now it is an everyday struggle for young, seemingly healthy individuals. Okra seeds contain antioxidant polyphenols and flavonoids that promote glycogen storage in the liver. Glycogen is a body fuel reserve that means the more you have the longer it will take you to tire out.

**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](http://www.livingfoodsinstitute.com)



Like Us On  
facebook



View our menus online at  
[www.rthomasdeluxe grill.net](http://www.rthomasdeluxe grill.net)

Open 24 Hours

**404-881-0246**

1812 Peachtree St.,  
Atlanta, GA 30309

**Our diverse menu is  
Veggie and Carnivore  
friendly.**

**R Thomas is available for  
your Catering needs.**



### Raw Okra Tomato Salad

2 cups of small young okra  
1/2 cup fresh red tomatoes  
1/2 cup fresh yellow tomatoes  
1/2 cup of Vidalia or sweet onions  
1/2 cup red bell pepper  
1 tsp. fresh garlic  
zest from one lemon  
3 Tbs. apple cider vinegar  
2 Tbs. olive oil  
Himalayan salt to taste  
cayenne pepper to taste

Combine all ingredients in a bowl  
and toss. Serve immediately.



# The Ties that Bind Us CUTTING ETHERIC CORDS

## The Intuitive Therapist ... Janis Cohen



Every encounter we have with someone results in an energetic cord connection that links us to each other. Energy between individuals is shared back and forth between our bodies during sexual encounters and emotional exchanges; resulting in the formation of energetic cords. The more energy we share with someone, the larger the cords. There can be multiple dense, large cords attached or single slim cords. One way to visualize this is to imagine surgical-looking tubes of energy implanting themselves into you, in one or more parts of your body.

If someone is energetically connecting to you, it means that they think they need something from you; either positively or negatively. When you radiate love and light, it calls to those who lack these high vibrational qualities. An unhappy person will crave the happy, peaceful energy that you vibe out to the Universe, and will energetically connect with you to take it for themselves. These people are called energy vampires. If you have been in a traumatic or painful relationship, then you might want to cut your ties with them and for the highest good of all involved.

If you are a highly sensitive person, an empath, you will often feel these negative connections very deeply and, unknowingly, take on another person's negative emotions like anger, sadness, anxiety and fear. Have you ever suddenly felt emotions that were atypical of you and wondered why you were feeling these uncharacteristic feelings? If so, chances are that someone has tapped into your energy and funneled their emotions into you.

I am not writing this for anyone to become alarmed about energetic cords. Most people who share their negative energy with you aren't doing it maliciously or intentionally. However, there are some people with malicious intent; people who want you to feel some degree of pain and suffering.

They do this intentionally because they are unable to resolve their negative emotions effectively.

If you have atypically experienced some of the following symptoms, there is a high likelihood that someone has attached an unhealthy energetic cord to you and you will need to cut it. Have you ever experienced these uncharacteristic symptoms?

- \* You are unable to move on from a particular relationship.

- \* Had frequent conversations in your mind with someone who isn't there with you.

- \* Experience unusual and deep feelings of sadness, anger, anxiety or fear that you don't typically feel and nothing specific has happened to induce these feelings.

- \* Frequently remembered someone or what someone said in the past as if it was on-going now and you can't stop obsessing about it.

- \* Had a sense that the feelings you feel don't belong to you.

If you have ever experienced any of the above, or believe that you are experiencing a psychic attack, where someone is intentionally and psychically sending you malicious energy to cause you pain and suffering, then follow these steps and suggestions.

**Step 1: Ground and Protect Yourself**  
Anchor yourself in mother earth's energy. Breathe in white light from your feet through your body and out through the top of your head and see it forming a white bubble of light around you. Next, see a reflective mirror layer surround the outside of the white ball of light. See the mirror reflecting outwardly; this will redirect any negative energy away from you and back to the person of origin.

**Step 2: Call on Archangel Michael** (the AA of protection, safety, and courage) and Archangel Raphael (the AA of healing). Ask them to be with you. A simple request brings them to you. See AA Michael using

his large, shiny sword to cut the negative cords.

Say, "Archangel Michael, I ask that you cut all negative cords of fear and any other lower energy emotions that are attached to me from anyone at this time. Cut them up, down and all around me, through all space and time. And, so it is."

Next, call on Archangel Raphael to heal your body from the entry points and ask that he surround you with his beautiful violet healing light.

If you don't feel immediate relief, then you might need to follow these next steps.

- **Freeze the negative person**  
Take an empty plastic water bottle. Write the first and last name of the person with whom you want to cut energetic ties with. Put that slip of paper in the bottle, fill it with water and then put it in the back of a freezer and release the situation to the Universe.

- **The Energy Ball**  
If someone keeps energetically resurfacing and you begin to experience some of the symptoms that I described above you'll want to employ this additional protection strategy for sure!

Check in with your body to see if you recognize the source of the negative energy. If someone comes to your mind then chances are it's that person. Place them in an energy ball of any size and color and see or imagine the ball, with the person inside it, being sucked up into the cosmos for healing. Another place that you can picture the ball going is being sucked down into the deepest part of the ocean.

When you cut cords with someone, who doesn't serve your highest good, you will feel a tremendous amount of relief. You will notice that your emotions are balanced, your thoughts are positive and you feel calm and peaceful. And, always, send anyone love and light for their healing, too.

---

*Janis R. Cohen, MSW, LCSW is internationally known as The Intuitive Therapist. With 26 years as a therapist, clairvoyant, empath and medium, Janis helps spiritually conscious people, who have experienced a decrease in their self-esteem and who doubt their ability to make sound and effective decisions, learn how to trust themselves completely, make massive changes that last, and create courage, confidence and certainty in any aspect of their lives. You can reach her at [www.janisrcohen.com](http://www.janisrcohen.com).*



## The FORCES Behind Attraction

Adam Hall

Let's say you are in some sort of public setting. You are looking around when a certain person catches your attention. You cannot exactly put your finger on it but there is something about him/her that makes you want to get to know them better. So, after you introduce yourself and carry out some small talk, you realize you are quite attracted to this person! But why are you? According to Dawn Maslar, a lot more goes into attraction before you experience those happy, head-over-heels feelings.

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. This might sound bizarre, but there was a study conducted that found this to be true. A group of women each wore the same t-shirt for three nights during different periods of their ovulation cycles. After the shirts were worn, a group of men were randomly assigned to smell a new shirt and the shirt that was worn by one of the women. After each time the smelled a shirt, a saliva sample was taken to measure the level of testoster-

one in their bodies. The saliva samples found an increase in testosterone levels in men who had just smelled the shirt of an ovulating woman. It is thought that a boost in testosterone might give a man that little extra "nudge" to go talk to a woman he might not have before.

Another similar study was conducted where women smelled shirts worn by men. However, rather than women liking the shirt that was worn, they preferred shirts worn by specific men. **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?

Keep Reading Next Page >

# The FORCES Behind Attraction

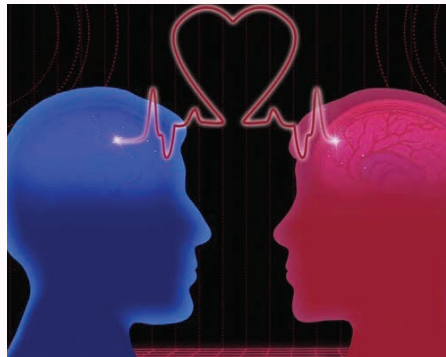
**Adam Hall  
continued**

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 Hall 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.



**aqtv**  
mystery.  
consciousness.  
transformation.

aqtv shines the light on the stories and people that are making a difference and healing the world.

Are you one?

Get your story told. AQTV.  
[www.aquarius-atlanta.com/AQTV](http://www.aquarius-atlanta.com/AQTV) or  
write [info@aquarius-atlanta.com](mailto:info@aquarius-atlanta.com).

**How Healthy Are You?  
Get a Healthscope Scan  
and Find Out  
the Truth!**



**50%  
OFF**  
WITH THIS AD

1700 COMMERCE DR, NW SUITE 100 ATLANTA, GEORGIA 30318  
404.524.4488 [WWW.LIVINGFOODSINSTITUTE.COM](http://WWW.LIVINGFOODSINSTITUTE.COM)

Words are Light. Books still matter.

**AQ Press**

Learn more about how to make your  
dream a reality...publish your book!

[www.aquarius-atlanta.com/AQPress](http://www.aquarius-atlanta.com/AQPress)

Do you have a book inside of you?  
Do you have a story to tell,  
encouragement to offer,  
a message that inspires?  
Let us help you make it happen.

AQ Press...Books still matter!



# AQ Divine Feminine

## Awakening The Goddess

Love; a timeless word, a word with meaning not one person can truly identify. Each of us feels and sees love with different eyes and different emotions. So what does that beautiful and mystical four letter word LOVE mean to a Goddess?

My love runs deep; it is as vast as the ocean, as expansive as the stars. My love sees beauty in all things, the morning sun, and the aftermath of a tornado. It see's beauty and struggle in life. My heart grows with the coming of a new friend, then shrinks when one is lost. It feels toil and trouble and feels compassion and strength. It is big and outrageous, yet small and unsure. Love is the sweet smell of the spring breeze bringing forth new beginnings, the smell of the summer flowers reminding us of all we desire, the autumn winds with the smell of abundance and the winter cold to bring us closer together.

Love is so big that it just can't be described, can it? I am surely going to try... Love is the tide moving in and out and the life the ocean contains. It's the moonlit walks. It is the rivers flowing from the mountains and through the valleys filling us with fresh water and abundant fish. It is the chorus of frogs that chirp and sing for us as the sun is setting in the western sky. It is the deer running through the forest or nursing a fawn. It is the butterfly landing upon your nose, kissing you with transformation.

Love is your best friend hugging you so tight and your partners kiss. It is that moment when you hold a new child in your arms and wonder how you could love any one thing more than that. It's the look you get from your pet when you walk through the door after being gone working all day. It's the garden growing bringing forth fresh foods to eat. It's the herbs to heal and nourish your body.

Love is the trees that provide oxygen for us to breathe, paper to write our stories on and print pictures to document who and what we are. It's the shade they provide for you to sit beneath and the home



By Crystal  
Starshine

for many different feathered friends and other little creatures. It's the smell of that first autumn fire with the laughter of family and friends and the sip of your favorite beverage.

Love is that feeling you get when you slip into bed with fresh sheets and the man or woman of your heart. It's the candle lit dinners and bubble baths. It's your favorite tunes jamming on the radio and your swanky moves on the dance floor. It's that feeling you get when you accomplish your goals. It's that moment when your eyes lock with a stranger and your smile brings a smile to their face. It's the moment when you help a person who is in desperate need or that free cup of coffee from the person in front of you in line.

Love is the taste of your favorite food at that restaurant you've been dying to go to. It's the moment you take the seat in your first new car. It's a feeling you get when you take a leap of faith and accomplish a dream. It's when you really look deep into your own eyes in the mirror and see the beautiful soul you have become.

Love can't be described in one small article, by one single person. Love is so much more and is in the eyes and heart of the beholder. Our personalities, emotions, thoughts, morals and values control the very aspect of the little noun; LOVE.



the alchemy of sustainable success  
Stop Sabotaging and Start Succeeding



stop sabotaging  
and start succeeding

**Alchemical Hypnotherapy  
is simple, fast and lasting.**

You can succeed in life  
and business and sustain it.

You'll immediately start creating a  
happy, joy-filled, and abundant life.

**becky arrington**

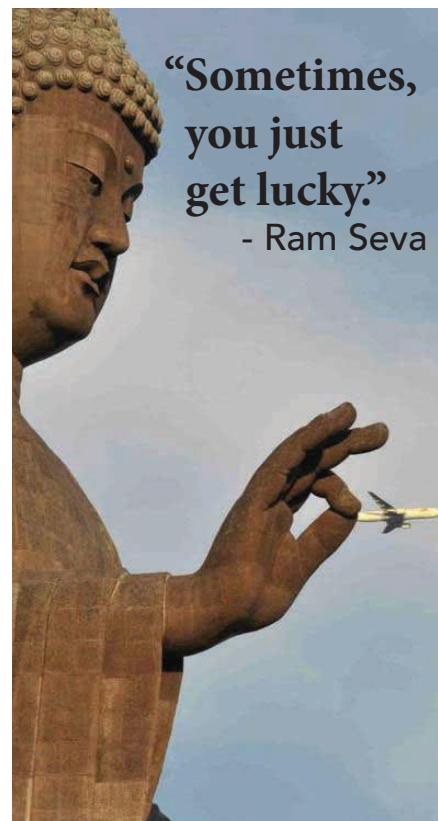
alchemical hypnotherapist  
life altering coach

**Contact her today to start  
improving your life!**

**770.778.2051**

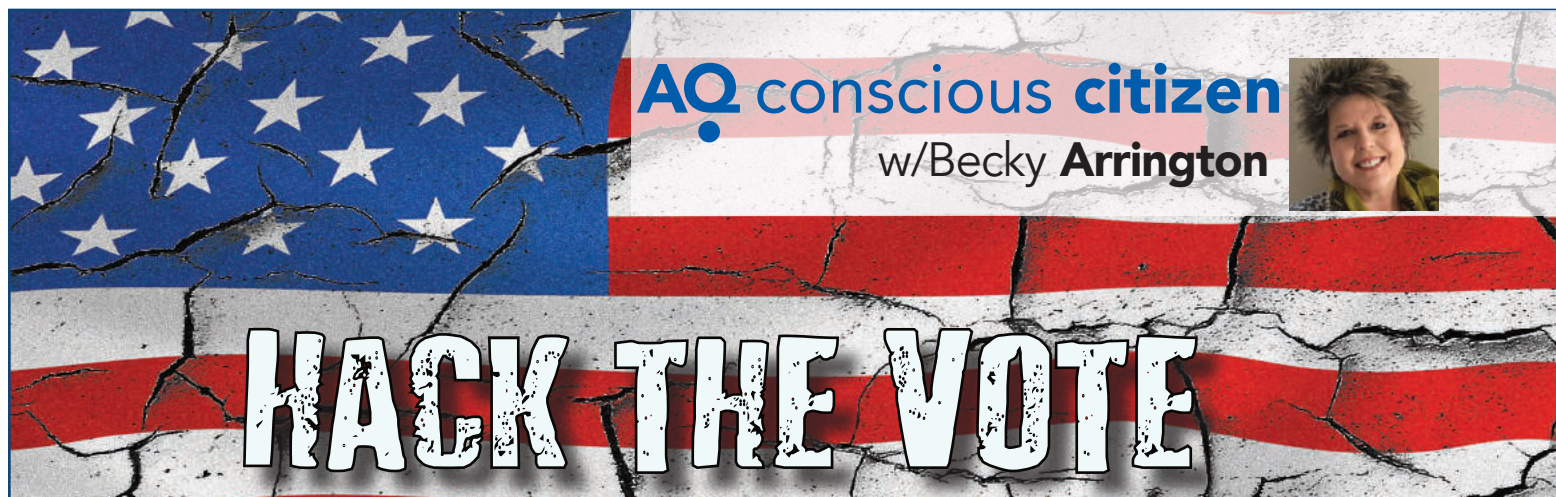
becky@arringtonassoc.com  
www.arringtonassoc.com

760 old roswell road, #208 roswell, georgia 30076



**"Sometimes,  
you just  
get lucky."  
- Ram Seva**





Voting is a precious commodity in a democracy, but with all the stories of Russian interference in our elections, just how safe is your vote? If you are living and voting in Georgia, the answer is not very. The Peach State is one of only five still utilizing outdated, unverified Diebold voting machines. The following video illustrates the ease in which these machines are altered with a simple virus placed on a memory card that goes undetected in the system. <https://www.youtube.com/watch?v=HBqGzgx-cfAk>.

The machines are designed with no paper trail or even a verification of your vote after it is cast. The current system cannot be verified, audited or recounted. The 2002 documentary "Hacking Democracy" goes into more depth, calling into question every election where the machines were used. The film is available on You Tube: [https://www.youtube.com/results?search\\_query=hacking+democracy+full+movie](https://www.youtube.com/results?search_query=hacking+democracy+full+movie)

These same machines were the subject of a lawsuit filed in May asking Secretary Brian Kemp to use only paper ballots for the June 20th Special Election for the Congressional 6th District to preserve the integrity of the election. The case was dismissed since early voting had already begun by the time the suit was heard. Note that Secretary of State Brian Kemp had repeatedly not responded earlier to inquiries, thus pushing the filing date of the lawsuit back. The June 20th election was held with a final tally Karen Handel 51.78% - Jon Ossoff 48.22%. The data below reflects the only auditable numbers available which were the paper mail-in ballots, calling into question why the final tally had such different results.

- Ossoff won 28,146 verifiable mail-in ballot by a 64%-36% margin
- Ossoff won the verifiable provisional ballots by a 70-30% margin
- Ossoff won early voting 51%-49% despite getting 10% less votes than on April 18 when he ran against 17 opponents



- Ossoff got a lower percentage of votes on June 20th in Fulton and DeKalb than he did when he ran against 17 opponents on April 18th

- 40 precincts have 60 point total swings between mail-in and Election Day vote (Ex: Ossoff mail-in 65-35%, Handel Election Day 65-35%)

Based on these discrepancies and the unverifiable voting machines, a group of Georgians filed a lawsuit challenging the runoff results. This suit Curling vs Kemp is supported by the Coalition of Good Governance and is based on official misconduct and irregularities deemed sufficient enough to compromise the system and place un-auditable results in doubt. And before anyone thinks it is just sour grapes from the Democrats, note that the filers include Republicans and a Conservative Party principle.

These are truly people who are fighting for the integrity of the vote.

Other issues included Georgia's Center for Election System's public website security breach of massive files of voter information, details for programming the system, passwords and election databases which were exposed to the public from August 2016 through March 1, 2017. Letters were sent to Secretary of State Brian Kemp demanding answers and

asking for verification of the systems. Kemp also turned down federal money offered to update and verify systems after the Russian election hacking concerns. Data from the lawsuit cites that the machines have not been officially verified the entire seven years he has been in office, although the law lists that as a requirement. Just prior to the primary, April 15, 2017, early voting check-in books which can be connected via Internet to the voting registration working database was stolen from the pick-up of a poll worker. Plus the machines are old. Are you utilizing any other personal technology dating back to 2002?

There are numerous other issues in the lawsuit detailing problems with memory cards, blank votes being cast and the system is also being compromised by use of memory cards and flash drives exposed to the internet. The lawsuit seeks to turn around officials' policy of promoting unverifiable elections on unreliable equipment, unfit for use. In short, throw out the old system.

After watching the demo and most certainly the documentary "Hacking Democracy" I was outraged, especially since I had worked so hard to get Jon Ossoff into office. It left me wondering how many other elections might have been compromised when exit polls and early voting show fuzzy math. But I have to go back to the knowledge I have regarding this time in consciousness as things are exposed and uncovered. If you look at the news, scandals pop up daily. The lawsuit has been filed, the issues defined, now we let democracy unfold. But my advice to you in the near future, vote paper ballot absentee.

---

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



# swaha

## Productions

presents

Chanting is a significant and mysterious practice. It is the highest nectar, a tonic that fully nourishes our inner being. Chanting opens the heart and makes love flow within us. It releases such intoxicating inner bliss and enthusiastic splendor, that simply through the nectar it generates, we can enter the abode of the Self.

— Swami Muktananda



KIRTAN  
YOGA  
MANTRA  
CHANTING  
TOURING  
FESTIVALS

"Bhakti is love — loving God, loving your own Self, and loving all beings. The small heart should become bigger and bigger and, eventually, totally expansive. A spark can become a forest fire."

-Ammachi

**LOVELIGHT**  
YOGA + ARTS FESTIVAL  
August 18-21, 2017 Darlington, MD

presents

FLAVIA KRISHNA  
&  
GERSHONE  
KIRTAN AND SACRED SONGS

MUSIC FOR THE MIND BODY SPIRIT

A RESOUNDING EVENING WITH  
**Flying Mystics**

SUNDAY AUG. 20, 2017  
HIGHLANDS NC

A TWILIGHT CONCERT, 8 PM, 2 MILES FROM TOWN  
FOR TICKETS AND INFO: [YOGAHIGHLANDS.COM](http://YOGAHIGHLANDS.COM) OR 828-526-8880  
[FLYINGMYSTICS.COM](http://FLYINGMYSTICS.COM)

## Mantra Chant with Ian Boccio

Sacred Sound Meditations for Consciousness Expansion



### Chants for Awakening

The Bodhisattva Path to Liberation  
Mondays, 7:00 pm, by donation.

Vista Yoga

2836 Lavista Rd, Suite D, Decatur, GA 30033

Chants for Awakening is for anyone who is interested in consciousness expansion. We chant four specific mantras from the Buddha Dharma tradition that are designed to bypass karmic blocks by connecting to the higher consciousness which is an integral part of each one of us.

### Medicine Circle

Healing Chants from the Buddha Dharma  
Wednesdays, 7:30 pm, by donation.

Candler Park Yoga

1630-D Dekalb Ave NE, Atlanta, GA 30307

The Medicine Circle is for anyone who is in need of healing, or knows someone who is in need of healing. We chant the White Tara and Medicine Buddha mantras for the purpose of amplifying our natural healing capacity on physical, emotional and mental levels.

Ian Boccio is a dedicated practitioner of Mantra Yoga and is one of the chant leaders for the progressive mantra music ensemble Blue Spirit Wheel. He teaches workshops and intensives on Sanskrit mantra around the US and has been the Director of the ChantLanta Sacred Music Festival for the past 7 years. Ian's deep, sonorous voice, resonant with harmonic overtones, serves as a channel for spiritual energy shaped by the forms of Sanskrit syllables to create healing, happiness and knowledge of one's true life purpose.



for more information, please visit

[www.mantrachant.com](http://www.mantrachant.com)





Dancing and movement have been a part of human experience and expression since...well, since before recorded history. Dance movements have been known to exist from at least 4,000 BC, and dancing is referenced as a liturgical ritual in most sacred literature in existence.

Dancing is written in our DNA. Don't believe it? Just google "babies dancing" and hundreds of YouTube videos will show up in your search platform! Go ahead and do it...it will be fun and instructive to watch kids as young as three months moving to music heard or unheard (well, heard in their heads!!).

However, it seems that dance has become the property of exclusive artists who have turned it into a expressive form that is inaccessible to most normal human beings who are overweight, old, stiff or just clumsy. Throughout my life, I have been one of the ones who said "I don't dance." And I know hundreds of people today who are embarrassed to move with the music.

And yet, the power of dance to align our bodies with our souls, to respond to the rhythms of ancient instruments, to give expression to emotions and ideas that are hidden in our hearts but unable to spoken or acted upon...this power is essential and universal in our lives.

I have not danced for years...but recently, I became aware of a rapidly growing movement called, for lack of a better term, "sacred dance." It is not party dancing, it is not formalized dance movement, it does not demand dancing with a partner (and in fact, is most often experienced singly). And yet, on any given evening in Atlanta (and throughout

the day) sacred dance events are taking place...and people are showing up!

People like me, who are not trained to dance, are not lithe and limber, who are young and old (I know a 70+ year old gentleman who shows up at every dance opportunity he is aware of!).

Some may not call it dance...it is improvisational, intensely personal, and expressive of your inner truth and imagination. It is movement...sometimes, it is quite still and fluid, others very dynamic and even chaotic.

But, from my personal experience I can testify...it is healing and transformative. The first time I went to a sacred dance event, I smiled so hard my face hurt. I moved for 2 hours! I felt it, and it liberated me in many ways - to be more authentic in my emotional expression, artistic vision, and spiritual growth.

There are many opportunities to experience sacred dance...and I encourage you to go!! Move! Someone once said "Dancing is Joy in Motion" - and I agree!



## SACRED DANCE EVENTS IN AUGUST



Every Tuesday - 7pm  
First Existentialist Church  
[www.facebook.com/thewaveatlanta/](http://www.facebook.com/thewaveatlanta/)



Every Second Friday - 7pm  
First Existentialist Church  
[www.facebook.com/thewaveatlanta/](http://www.facebook.com/thewaveatlanta/)



Every Tuesday - 7:30-8:30pm  
Candler Park Yoga  
[www.candlerparkyoga.com](http://www.candlerparkyoga.com)



August 19 - Saturday  
1pm - 2:30pm  
Kashi Atlanta Ashram





# A Channeled Message continued from page 11

"The most powerful among these will emerge as Teachers, Leaders and Thinkers in all fields of Human Life on Earth. They will begin to be perceived and experienced as a transformational force or energy on all levels. It is this generation, in their thirties, who will start to assume leadership roles in the creation of a new society. And, they will be guided by the 'Elders of the Light,' those who have gone before them and created the Path or Bridge of Light into the New Earth." (9)

These new children won't do well in schools that deal in linear notions. They see conceptually (which, by the way, is the way in which people see on the Astral Planes and higher). Kryon tells us.

"Years ago, by the thousands, began the influx of the children of new consciousness. We have spoken of this often. You gave permission in 1987 for the evolution of human consciousness and the children are the proof! They are different... did you notice?

"Listen, adults: These children are not linear. These children are conceptual. They're not going to do well with linear teaching. They're looking at the entire castle, yet when they report to school, the system wishes to show them each building block, never showing them the castle. Difficult for you to understand, but even without the training, these children see the castle completed. The educators are boring them with how to build one! This is difficult to explain. You know they're different, don't you?

"So often, these children appear to be difficult. They are frustrated and it's frustrating for those around them. This represents a new consciousness arriving and the frustration is that you are seeing it as a problem instead of what it truly is... an evolution of human nature." (10)

They will change the way we interact with each, as in business for instance, as

Kryon says.

"They're here now by the tens of thousands. Some of them are in their 20s and in their 30s. Stand by for the way business is changing and the new ways in which it will be accomplished. There's going to be some integrity, finally. It's coming from conceptual thinkers. The shift is upon us." (11)

These special generations are leading the fight for freedom, as SaLuSa tells us.

"The world news, which we avidly follow, reveals that the younger generations are leading a crusade for freedom in many countries, and they will not be easily silenced. You have by now noticed that you have around you many dear young souls that already have a heightened awareness. They have brought with them the wisdom and knowledge required to present a new way of living and harmony that will bring you together in a common purpose." (12)

"In this power shift on Earth, you're going to see many who have lived for power – who have lived lifetime after lifetime in their powerhouses sitting in their power chairs with their power antics – leaving Earth and not coming back for quite some time.

"This is going to make room for the ones who have not been to Earth before – this whole new breed of Crystals, New Energy children, who are coming in on the very energy beams, the consciousness portals that you have helped to create.

"They are the new ones." (13)

In case you wondered why people like Wendelle Stevens should leave now or many evolved people get caught up in natural disasters and leave, the Group reminds us that they will come back as Children of Ascension:

"There will be times when huge portions of the population will leave. You have seen this in recent weeks, and you will see it again.

"It is not that anyone is doing anything right or wrong. It is not that those people who left were not of high enough vibration to stay here. In fact, many of them were of such high vibration they could not stay much longer and they simply took that opportunity for a way out.

"There will be a balancing on planet Earth of energetics in many different ways. All of those people who are leaving in order to make this happen are coming back as Crystal Children with some incredible attributes.

"They are coming back because for them to take that route is easier than raising their vibration consciously, which is the route you are taking right now." (14)

The Children of Ascension have been sheltered and nurtured by what Archangel Michael calls the "Elders of Light" and are now ready to take over from them. Through our combined efforts, we'll make our way home and into the New Age of Light and Love.

"We ask that you honor the 'Elders of Light' among you, for these brave souls are the true 'Warriors of Light' whose courage and dedication to the Light over many years has made so much possible. Together, the Elders of the Light and the Indigo First Wave will be the powerful agents of transformation, and the Diamond Light Children will energize the Holographic Earth matrix with their powerful Light of Love. ...

"It is a Blessed and Radiant time into which you are now entering. We ask that you celebrate your success, Beloved Family of Light!" (15)

# Changing Reality By Choice

Patty Paul



I believe there is no such thing as THE TRUTH. Instead, I believe that each of us is a unique spiritual being on our own journey of self-discovery. The collection of beliefs we hold at any given time is our personal truth; that which makes sense to us based upon what we've learned and experienced to that point. Our spiritual journey will never end for there will always be a higher truth, a more empowering truth, to reach for.

What makes sense to me, the foundation upon which I stand and the way I live my life, is based upon this truth: "I create my own reality. All of it. All of the time." The raw materials out of which I manifest my ever-changing realities are my thoughts and feelings, beliefs and attitudes, and choices and decisions. I have learned that choice - determined choice - is a powerful force that can spontaneously change my reality and redirect my life. I've also learned that before making a determined choice comes wanting to change and being willing to let go of the past. I know that is true, but sometimes my fingers are so tightly gripping a familiar and gnarly issue it takes more time and effort to pry them free. Lifetimes, in fact.

As I write this, the old and familiar issue I'm still clinging to - but know I must release - is my relationship with the energies of chauvinism. I'm talking about the energies of chauvinism within me, the multidimensional, multifaceted being that I am; the more expansive and expanding spiritual being I truly am. It helps to understand that "chauvinism" means having beliefs, attitudes, thoughts and feelings that keep alive the perception that "one thing is superior to another." That is the basic premise of human consciousness manifesting the world at large, as it has been for eons, and it pollutes all levels of personal consciousness. That "better than" concept manifests as male chauvinism, female chauvinism and in many other ways including religion, politics, wealth, poverty, education or the lack of it.

Chauvinist energies are grounded in domination and control: "Either I'm in charge or you are." Their effect is to separate; to cause division. The living breathing energies of chauvinism are expressed as the inner Judge, Critic, Self-righteous

Authority, Arrogance, Martyr, Victim, Blamer, etc.

Not only are these aspects expressed, they are also reflected by others out there on the world stage (where they are now in retrograde - seemingly heading backwards to the 1950's and beyond). Imagine the infinity sign to visualize how the energies flow as both expressions and reflections.

The good news is: Human consciousness and human spirituality have been evolving toward a bright light. A brand new paradigm is on the horizon.

But back to me. My hot button issue is 'male chauvinism.' I've been at war with that infuriating reality in this and many other lifetimes, usually as a female. But I've experienced both sides of the conflict. In my efforts to grow and change I have done many, many guided meditations in which I process my thoughts and feelings that are so frequently aroused by people and situations in my Patty Paul life. I've also done many more meditations to meet and understand those aspects of me who are living my other lifetimes, experiencing their own versions of male chauvinism.

My final step in every process is always to love, to embrace and to consciously integrate each aspect of me into the whole of who I am. Then I affirm: "I, as my truer self, am in charge of my life."

The elements of chauvinism are living energies resonating within the multidimensional wholeness of the being I am. It is not for me to change them or try to eliminate them. Their value is in helping me to understand the conditions of being human so that I may love my whole self (and others) unconditionally.

The inherent battle within the energies of chauvinism is not over, nor will it ever end. But it is time to move off that battlefield. Each time I choose to do so, by processing and integrating, changes my reality and moves me onward toward a bright future...for beyond chauvinism, a new paradigm awaits.

© 2017 by Patty Paul. All rights reserved. Patty Paul is the author of *A New Spirituality: Beyond Religion*, and host of *Living Wisdom with Patty Paul* videos on YouTube. For more info: [www.23brightfuture.wix.com/patty-paul](http://www.23brightfuture.wix.com/patty-paul)

## The Flying Mystics con't.



Roderick, drums and percussion, is a natural artist and feels he is a wanderer. He's a dedicated yoga practitioner and lives in the Oakhurst neighborhood of Decatur.

"Playing the first time together, we had no idea how good it sounded until we listened back," Roderick says, "Flournoy would go back through recordings and find what may have potential, and every so often a song would exist within the recording."

"All of the music is spontaneous, the second song on the album "Begin Within", Mount Kailash, came together right then and there, it never existed before," Morelli says.

"It only works for the music to flow through us, then go back and learn it," Roderick says. "That's our challenge now, but it has been surprisingly easy for us to do."

They practice in Holmes' Va-Hi home and, as Morelli points out, "What started out as fun, I am quickly realizing, has become something special. It's now become more than music."

Their timing, vision, passion and talent combine to create sounds that soothe and even heal. Holmes quips, "We don't put it out there, but people come up to us and say, 'Wow, you guys are healers through music,' or 'I had a healing experience and visions.'"

Kids especially love it- moving and grooving to the sounds. With that feedback, they are looking to offer their healing energies to groups that need it. "To give and receive, influence and inspire," Holmes added.

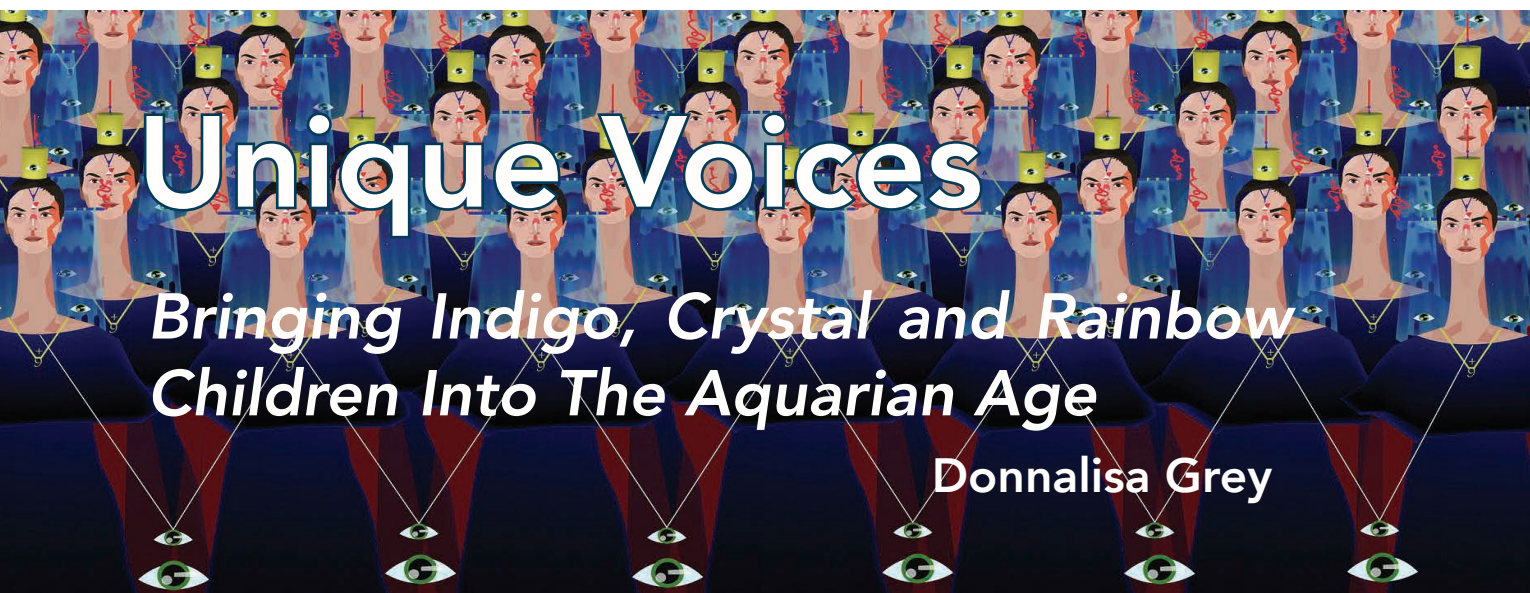
It's a message of healing we hope continues to resonate.

Upcoming Concert Dates for the  
Flying Mystics:

**August 19, 2017, 3:30pm**  
**Get Off The Grid Festival**  
**Blue Ridge, GA**

**August 20, 2017**  
**Highlands, NC**





# Unique Voices

## Bringing Indigo, Crystal and Rainbow Children Into The Aquarian Age

Donnalisa Grey

We're now living in the cusp of time between the age of Pisces and Aquarius. This period began on 11-11-1991 and will continue through 2012. Where have we come from? What is the function of the cusp period? Where are we heading?

We're still coming out of the Piscean Age, controlled by machines, technology and hierarchies. Power, control, wealth and status were the primary keys to a way of living. Where and how long you worked, the car you drove, where you lived and who you knew were all instrumental in how successful you were!

In the Piscean Age, it was easier to get away with certain behaviors — from embezzlement to dumping pollutants. One could hide behind a mask of dishonesty and truthfully lie about the truth. All of this can now be seen and tracked by trails left behind.

Extreme and rapid shifts have been noticed worldwide during this age change. We have always moved through times of change, but never with such intensity and speed and never with such an incredible high level of consciousness and vastness before. There's a sense of urgency, a vast change in society, consciousness, and the way people are starting to view the world/universe.

With the dawning of the Aquarian Age, the truth will be reflected in our actions and the internal value and qualities of our minds and hearts. We need the ability to recognize the consequences of our actions before we take them, as if every action will be seen and will reveal us. With this we can then begin to realize that "our word fulfilled by our actions, is our ultimate gift and power." As Yogi Bhaan, Master of Kundalini says, "The greatest power will be your Word —

your consciously projected words."

During this cusp period, we have a lot of work to do and a lot of cleaning up from past ages. What is great is that this work has already begun. We can see it filtering right through the media, through amazing spiritual leaders/teachers/authors, such as: Louise Hay, Doreen Virtue, Wayne Dyer, James Twyman and so many more. We can see it through innovative companies such as: The Spiritual Cinema Circle; food outlets such as: Whole Foods Market, Native Foods, Santos Trading; through incredibly talented musicians, such as: 12-year-old Evren Ozan (flautist); through many very widely used alternative-health practices/methods and, what many of us now call the basic essentials in our lives — incense, candles, crystals, meditation, yoga, bath salts and aroma oils.

\* Intellect is not enough. We need a new relationship with intuition, emotion and instinct.

\* Information is not enough. Neither is knowledge. We need wisdom.

\* Stamina and constant peak performance are the common benchmarks to evaluate all people and their work, and the need is to go inward and regenerate.

\* We require a reconciliation and integration of the spiritual side of life with the technological and material sides — a spiritual fitness to sense values and meaning.

\* There is no isolation. Each action we take must be considered ecologically, and globally, because each person does affect, directly or indirectly, vast networks of people, and other living beings and places.

\* Complexity is increasing as is our need to deal with it. (especially in educating our children)

Our current generations of children have a very unique learning experience to move through. If we as their caretakers are in touch with these changes, and the sensitivities that are required to evolve to a higher consciousness level of living in the Aquarian Age, then we would see it is our children who have come through to actually teach us how to improve the world we live in. These children are commonly known as the Indigos and Crystals with the most recent generation of Rainbows.

They are born with the intention of harmony, joy, peace and healing, and it is up to us as their caretakers to provide an environment that supports all of their growth needs by maintaining these intentions. One of the most important areas of growth not generally acknowledged by mainstream education is spirituality.

Spirituality, if defined in short, is basically recognizing the power we hold in our thoughts, words, actions and intuition, branching off into mind, physical and psychic development.

Keep Reading Next Page >

# Unique Voices, continued

Powerful ways we can support and nurture the growth of our children to evolve more harmoniously into the Aquarian Age, is to start with the basics. If we were to teach our children the following basics as we do routines such as brushing our teeth, washing our hands, and learning how to read, there would be phenomenal changes in overall behaviors, health and many of the misdiagnoses of ADD, ADHD, Autism, Speech and Behavior Disorders.

**Breathing:** The power of breath and how to breathe. Learning that when our breath reaches the pit of our stomach and expands like a balloon actually massages many organs stimulating growth and healing as required. Learning that breath allows us to relax completely in a second therefore controlling anger, stress, fear, nerves and pain. Breath also allows us to reach incredible abilities with our physical bodies. Breath is the flow and infinite supply of our life force.

\* **Food:** Truly having the understanding that our bodies are a vehicle needing to be well maintained and nurtured in order to avoid breakdown is invaluable for life. What we eat is the biggest reflection of how well we maintain our human shells. Our bodies are like the shell of a hermit crab, except that we can't get a new one.

I saw a mother suctioning the end of a straw with her finger so she could easily feed her 6-month-old baby some cola. Clearly, she was unaware that she was giving her baby chemicals. We are responsible for the behavior of our children, and food does have one of the biggest impacts on how a child feels, how healthy they grow and how they learn. I highly recommend that EVERYONE see the movie, "Supersize Me", as this film can motivate healthful eating changes.

If we feed our children fast foods even once a week, we can ADDICT our children. As a society we are addicted to these fast foods because we've had the taste of them from the time we first started eating food!

We have great alternative eating places opening, and if we were all to avoid the unhealthy "fast-food chains," we would see even more. Knowing our "slower food chains" prepare organic, fresh and minimally-unprocessed foods should be enough to increase a demand everywhere worldwide.

\* **Music, Movement and Meditation:** The power of creativity through music and movement can relax, motivate, inspire and develop individuality. Creating the environment in which this can be expressed without judgment is vital to overall development. Learning Yoga

from pre-school, and then continuing this practice for life, is one of the most powerful ways to develop physical strength, flexibility, peaceful meditation and confidence. Using music to help young children with visualization by using their third eye is very successful and positive. This prepares and begins the practice of meditation and psychic development which are two of the most powerful healing techniques we all have available to us. Imagine if we were all taught to meditate, practice yoga and use our third eye from pre-school.

Let us be aware and supportive of all those around us who are doing this powerful preparatory work needed for the Aquarian Age transition for the greater good of all and hold the same powerful intention of achieving world harmony, equality, global unity and peace everlasting.

---

*Donnalisa Grey left mainstream teaching after 14 years to pursue a spiritual educational vision for all children, parents and educators worldwide. She is a certified Angel Therapy Practitioner, Kundalini Yoga Instructor and is currently studying for her Doctorate in Metaphysics. For further information on her forthcoming books/CDs, please see [www.seavisionproductions.com](http://www.seavisionproductions.com)*





# 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](http://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](http://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](mailto: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](http://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](http://www.HillsideInternational.org)

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

**One World Spiritual Center** - Celebrating One World, One Heart. Sunday Service at 11:00 am held at the Open Mind Center, 1575 Old Alabama Road Suite 213 Roswell GA 30076. 678-214-6938, [www.oneworldspiritualcenter.net](http://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](http://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](http://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](http://www.unitynorth.org) 678-819-9100

## 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.

# THE lighter side NETWORK

COMING TO VIMEO IN MARCH 2017  
[www.vimeo.com/ondemand/thelighterside](http://www.vimeo.com/ondemand/thelighterside)

**SUBSCRIBE TODAY!**

## Featuring hosts

**Jamie Butler**  
The Everyday Medium

**Darshana Patel**  
Spiritual Activist

**Laura Boone**  
Intuitive Astrologer

**Ursula Lentine**  
Minister of Healing Arts

# AQcommunity classifieds

## ASTROLOGY

Astrological services by AstroHelp to find out the reasons and solutions of your problems through Hindu and Western Astrology. Natal, Relationship and Electional astrology. [www.AstroHelp.net](http://www.AstroHelp.net)  
Email: [alex@astrohelp.net](mailto:alex@astrohelp.net)

## CHIROPRACTOR

Reuter Clinic of Chiropractic - Assisting you to a healthier state of being. Dunwoody 770-455-4547. [www.reuterchiropractic.com](http://www.reuterchiropractic.com)

## CHURCH

Inner Quest - Full ministerial services available, including weddings. 12830 New Providence Road Alpharetta 30004  
770-521-2875

## ENERGY HEALER

As seen on The Dr. Oz Show - Reconnective Healing. Melissa Mintz, Energy Medicine Healer. In Person or Distance Healings. I also facilitate Animal Healings. Credit cards accepted.  
770-517-2516 or [www.melissamintz.com](http://www.melissamintz.com)

## FOREVER AND A DAY PSYCHIC FAIR

2nd Saturday of each month 11:00 - 6:00  
All readings are \$1.25 per minute....20 minute minimum, no limit for length of reading.  
Some of the area's most popular and experienced readers! 770-516-6969 [www.ForeverAndADay.biz/calendar.html](http://www.ForeverAndADay.biz/calendar.html)

## MASSAGE THERAPY

Abundant Wellness... Briana Bromfield, your Licensed massage therapist assisting you to achieve the well-rounded healthy life you deserve! I specialize in: Deep Tissue, NMT, Sports, Massage Medi-

Cupping, Ayurvedic treatments, Swedish, aromatherapy, hot stone and Many other choices to fit your health needs!

## REIKI

Inner Quest - Cindy Fuller and Patrick Abent, Reiki Masters. Treatments and classes available daily. 770-521-2875

## ROHUN THERAPY

Cindy Fuller - Master RoHun Therapist, Minister at Inner Quest, 12830 Providence Rd Alpharetta - 770-521-2875.

**YES! NOW YOU CERTAINLY CAN COUNTERACT THE IMPACT OF EMF SUCH AS PHONE TOWERS, FLUORESCENT LIGHTS, ETC., AND YOU CAN TEST IT NOW FOR FREE! IMMEDIATE RESULTS! [WWW.CHITEC.US](http://WWW.CHITEC.US)**

**FREE COURSES...**by **Karl Welz**, inventor of Orgonite and Orgone Generator!

[MAGICOFTHEFUTURE.COM](http://MAGICOFTHEFUTURE.COM)

(ACTION AND PERCEPTION AT A DISTANCE)

[MAGICKCOURSE.COM](http://MAGICKCOURSE.COM)

[ASTROLOGYCOURSE.COM](http://ASTROLOGYCOURSE.COM)

[MEDITRANCE.COM](http://MEDITRANCE.COM) (UNIVERSAL CONSCIOUSNESS)

[RUNEMAGICK.COM](http://RUNEMAGICK.COM)

## AURA READING

With cutting edge BioEnergy technology

Printed documents provided, revealing:

Purpose, Strengths, Spiritual and Physical Energy, and much more.

**Schedule an appointment today!!**

**855.243.2220**

[sylviarhodes@eventsbyrhodes.com](mailto:sylviarhodes@eventsbyrhodes.com)

## AWAKEN THE HEART- BRAIN INTELLIGENCE



## HELP OTHERS EVOLVE TO THE NEXT LEVEL IN HUMAN CONSCIOUSNESS

Discover a new career in human transformation

Integrate this **4<sup>th</sup> Density Training™** breakthrough technique into your current practice

**Or use it for your own personal transformation**

**Thursday July 13, 2017 at 7pm**

Phoenix and Dragon Book Store, Atlanta 30342

Attend this **LIVE** presentation and experience the transformation and energy for yourself

**Watch a LIVE mind-blowing demonstration** of this human consciousness breakthrough technique

Pre-register **FREE** at: [bit.ly/4D-July13](http://bit.ly/4D-July13)  
(or pay \$20 at the door)



# New Thinking Life-Changing



## Hillside International Truth Center

Bishop Dr. Barbara L. King - Founder Minister/World Spiritual Leader  
Rev. Dolores Voorhees - Senior Minister

**Be our guest at Hillside!**

**Sundays at 9:30 a.m.**  
Lessons in Living

**Wednesdays at 7:00 p.m.**  
Metaphysics of the Bible

2450 Cascade Road, SW, Atlanta, GA 30311  
(404)758-6811 [info@hillsidechapel.org](mailto:info@hillsidechapel.org)  
[www.HillsideInternational.org](http://www.HillsideInternational.org)

Dr. Ibrahim  
**Jaffe**



Discover  
Medical Spiritual  
Healing and Sufism  
with Dr. Ibrahim Jaffe, MD

September 29 - October 1  
2017  
Atlanta, GA

For registration information  
email [drjudithkeith@gmail.com](mailto:drjudithkeith@gmail.com)

As a Murshid Murrabai Ruhi within the Shadhiliyya Sufi Order, Dr. Jaffe, as a Spiritual Teacher and a Caregiver of the Spirit, brings his unique healing ability to the subtle level of the spirit within his students and patients. Sufism is the opening of the heart to the Divine Love so it can penetrate and awaken us to the Oneness and Unity of The Divine Reality. Since 1997, Dr. Jaffe has founded the Shadhiliyya Sufi Center, the University of Spiritual Healing and Sufism, and Dr. Jaffe MD Seminars

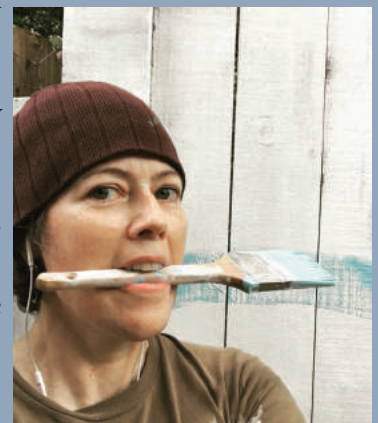
## The Art of Aquarius

KRISTA  
"JONESY"  
JONES

Atlanta-Based artist Jonesy (Krista M. Jones) was originally born in Dallas, Texas and she has been traveling and developing her craft since she was very young. Jonesy had her first solo show in 1997 and gained her BFA in 2003 in Columbus, GA. Later moving to San Francisco, California she began painting on found materials out of necessity and in 2007 she brought her life and art to Atlanta.

Settling in Cabbagetown, Jonesy spent many hours daily in Little Five Points selling her work on the street and in local shops. During these years she continued to create most of her paintings on found material like wood, metal, vinyl records and cardboard with wide range of mediums. Eventually it became less of a necessity to use found material and it became her preferred canvas in order to repurpose, recycle and reuse. Since these early days she been refining both herself and her artwork, still painting mostly on wood panel. Her work is typically bold, intricate, intuitive, animal creature based and focuses predominantly on spiritual and social justice topics through the use of symbolism.

After resurfacing about a year ago, she has taken on a more active role as a part of the Atlanta community, expanding into mural art and artist collaborations. Jonesy desires to continue to bring her voice and art to more communities with the hope of widen our circles, awareness and connection. More of her projects and work can viewed or purchased through [www.jonesyartatl.com](http://www.jonesyartatl.com)











# 3rd Eye Botanica

Candles, Incense, Herbs, Books, Crystals, Jewelry, Spiritual Readings. We produce a line of 3rd Eye Products - Spiritual Waters & Baths, Essential Oils, Bath Salts and Energy Bags. Experience the power of 3rd Eye. Herbalist on staff by appointment. Spiritual Advisor on staff. walk-ins welcome.

809 Flint River Rd. Suite 5  
Jonesboro, Ga. 30238  
(404) 484 - 5146



- Discover the key to your future.
- Learn secret creative power times.
- Understand intimate relationships.
- Joyfully walk your spiritual path.
- Embrace your soul's journey.

**Donna Page MS**  
**Free Astrology Chart Service**

Learn Astrology - only \$19.95 month  
[www.lovinglightastrologer.com](http://www.lovinglightastrologer.com)  
Consultations starting at \$25.



Rev. Richard Burdick, Spiritual Leader

**Join the Journey Inside!**

**Our Mission is to recognize, demonstrate, and share the Divinity in each of us.**

Sunday Services 9:15 and 11:15 am  
Spanish Sunday Service 11:15 am  
Wednesday Meditation 7:30 pm

[www.UnityNorth.org](http://www.UnityNorth.org)

678-819-9100  
4255 Sandy Plains Rd.  
Marietta, GA 30066



Sunday at  
11:00 am  
☸  
You are  
welcome here!

Welcome to One World Spiritual Center, where we celebrate the many paths to God and support each other in our individual spiritual journeys.

- ♦ Practical spirituality that you can use in your daily life
- ♦ A community of open, loving, and accepting members

Find us at the Open Mind Center - 1575 Old Alabama Road, Suite 213 - Roswell, GA  
[www.oneworldspiritualcenter.net](http://www.oneworldspiritualcenter.net)  
(678) 214-6938



**Dr. Larry Reuter, D.C.**

Our Chiropractic Clinic is dedicated to the restoring, maintaining, and building of good health through natural, safe, scientific chiropractic methods. Our clinic offers massage, nutritional counseling and other support programs. We accept all cases regardless of ability to pay.

For a revolutionary experience, take a ride on the VibraSound, the dynamic union of the Neuro Sciences and Innovative technology, involving

music, sound, light vibration and much more. Experience how the VibraSound can create a synchronized state of sensory resonance which may yield relaxation, enhanced creativity, increased energy, personal rehabilitation and transformational experiences.

We look forward to working with you.

[www.reuterchiropractic.com](http://www.reuterchiropractic.com)

**REUTER CLINIC OF CHIROPRACTIC**

4675 N. Shallowford Road, Suite 100  
Dunwoody, GA 30038

**770-455-4547**



NORTH GEORGIA'S PREMIER METAPHYSICAL SHOP

**ALL NEW BOOKS 20% OFF**  
COVER PRICE, EVERY DAY!

Monday Closed  
Tu-Thur 10-6:30  
Friday 10-9:00  
Saturday 10-6:30  
Sunday 12-6:00

7830 Hwy. 92, Woodstock, Ga 30189

## PSYCHIC FAIR THE 2ND SAT OF EACH MONTH

- New and used books • Large selection of crystals and tumbled stones
- Jewelry • Candles • Aromatherapy oils • Teas • Incense • Clothing
- Greeting cards • Positive Thinking/Affirmation/Conscious Living Products
- Gaia's World Ceremonial Herbs

- Abundant selection of spiritual tools - divination, statuary, sweetgrass and sage
- Life coaching • Classes • Intuitive readings - psychic, astrology, tarot, crystal, palmistry • Bodywork and massage - Asian, acupressure, energy work/Reiki, therapeutic

**770.516.6969** [www.ForeverAndADay.biz](http://www.ForeverAndADay.biz)



Marvin Morrison

**Absoluteness**  
 Reiki, Quantum Touch, Healing Management  
*A Holistic Way to Improving Your Health*  
 Saturday Morning Meditation Sessions in July



www.1absoluteness.com  
 550 Pharr Road  
 Suite 410  
 Atlanta, GA 30305  
 (in the Acuwellness Center)  
 404-934-4598

# Achieve Your Highest and Best Unity @city of light

www.cityoflightatlanta.com

Rev. Dr. T. Paul Graetz



## Sundays:

11 AM Celebration Service with great music  
 and Children and Teen programs

## Spiritual Growth Classes:

10 AM Sundays and 6:30 Wednesdays

**Feed the Hungry and or Homeless** Weds 5 PM

Food Bank Fri 11-1 PM

**Welcoming all to a place of compassion,  
 inclusion and empowerment**



# Trinity Center for Spiritual Living

*Create Your Best Life and Thrive!*

1095 Zonolite Rd. Atlanta, GA 30306 www.trinitycrs.org 404-296-6064



*You are a remarkable expression  
 of Source energy. Now is the time  
 to live your truth!*

-Rev. Tony Crapolicchio

**Sundays, 11:00am  
 Meditation, 10:30 am**



# Laura Halls, CHT, CSC

*Private Consultations offered in:*

Hypnotherapy • Past Life Regression • Angel Readings • Life Between Lives Regression  
 DNA Healing • Spiritual Counseling • Energy/Crystal Healing

Laura has been trained by Michael Newton, Doreen Virtue, Margaret Ruby & Dick Sutphen.



**Call: (770) 565-6105  
 Email: laurahalls@yahoo.com**

Laura Halls is certified by the American Board of Hypnotherapy  
 and is also registered with The Newton Institute, the National Assn. of  
 Transpersonal Hypnotherapists, the International Hypnosis Federation,  
 and PossibilitiesDNA.

Call for an appointment today to experience your life in a new way!



**For: Peace, Clarity, Guidance, Life Purpose, Health, Joy, Boundaries, Creativity, Power, Intimacy, Intuition, Past Lives  
 Release: Fears, Pain, Trauma, Co-dependency, Addictions, Sabotage, Sexual Issues, Loneliness, Abuse, Rage, Insomnia**

**DEBBIE UNTERMAN**, Alchemical Hypnotherapist & Trainer; Author: *Talking to My Selves*; State Certified Mediator; Inventor: *Game  
 of Clarity and Satori*; 25 years in practice

404-297-5705

"The Amazing resolution-oriented work Debbie provides is the missing piece to the body/mind puzzle.  
 I send many of my massage clients to her and she performs miracles." -Shari Aizenman, LMT



Essence From The Ancients

Protection and  
 Purification Products

# Damaris

Intuitive Reader • Medical Intuitive • Tarot • Medium • Reiki Master • Energy Medicine Practitioner

Damaris is available for phone and in person sessions  
 Tue. thru Thurs. every 3rd Saturday and every Sunday at  
 Phoenix And Dragon Bookstore/404-255-5207

- Intuitive Aura Body Scans
- Soul readings
- Pure Energy Clearing
- Ancestor Readings
- Chakra Reading & Alignment
- Sacred Bowl Ritual
- \* Now offering individual Aura Protection sessions



www.damarisstarr.com | www.thestarrbar.blogspot.com | damaris9@gmail.com | Check PhoenixandDragon.com for Damaris' Classes

# BE SEEN HERE NEXT MONTH!

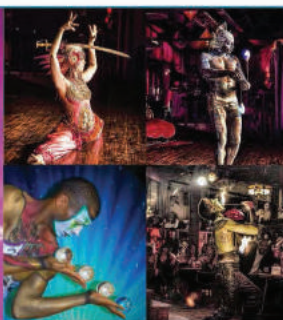
# \$85.00





Cathy Burroughs

## PSYCHIC SOLUTIONS ENTERTAINMENT



The Amazing Cathy B is available for private or group sessions, events and more...

### Unique entertainment that packs the WOW factor!

Exclusive Event Planning + Entertainment Services Nationwide for such premiere clients as Microsoft, Robert Half International, SHRM Conferences, Smart Meetings, Bloomingdale's, Neiman Marcus, Macy's, John Hardy Jewelry Line, DVF Nationwide World of Coca Cola, The Fabulous Fox, Chateau Elan, Engage, Moxie Interactive, GOJO, Ogilvy & Mather, Daughterty Business Solutions, The Havana Club, Q-100, Jezebel Magazine, 99X, the Hyatt Hotels, Four Seasons, Ritz Carlton, Westin Sundial and many others.

As far as we're concerned, **PSYCHIC SOLUTIONS** and Cathy Burroughs are the best in the business."  
- Producers, Bungalow Ball

"Cathy and **PSYCHIC SOLUTIONS** anticipated our every need - before we even knew it was a need. She is amazing." - CEO, National Advertising Agency

I know you have the gift. The accuracy of your readings rocked my world. - Bert Weiss, Host, Q 100's The Bert Show

For bookings or more info contact Cathy H. Burroughs at cell/text: (404) 543-1080  
**WWW.PSYCHICSOLUTIONS.TV | CATHYB108@AOL.COM**

## PHOENIX PSYCHIC CENTER

Over 200 years of professional psychic experience. Readings with Clarity, Integrity and Compassion



### Merry Bisogna ♦ Intuitive Tarot • Pendulum • Releasing Work

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

### Caroline Brown ♦ Psychic • Medium • Channel

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



### Damaris ♦ Intuitive • Channel • Tarot • Medical Intuitive

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

### Erin Michael Finn ♦ Conscious Channeling • Intuitive Coaching

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



### Nancy Hedges ♦ Certified Astrologer • Tarot

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

### Jackie Millsbaugh ♦ Astrology • Tarot

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



### Susan Rushing ♦ Psychic/Medium • Graphologist • Energy Healing

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

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

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



### Candace Zellner ♦ Channel • Past Lives • Relationships

Recognized as one of America's top 35 psychics in Victoria Weston's book, *Akashic Who's Who of Psychics, Mediums, and Healers*, Candace can assist you in your life's path, relationship issues, and past lives that are influencing your present life. Available for phone readings.



**PHOENIX & DRAGON BOOKSTORE**  
Books and Gifts Celebrating the Human Spirit

5531 Roswell Rd NE • 1/2 mi inside I-285  
404-255-5207  
[www.phoenixanddragon.com](http://www.phoenixanddragon.com)

CALL FOR YOUR  
APPOINTMENT:  
404-255-5207