

# AQUARIUS

November 2016

Scorpio

October 23 - November 22

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with the art of Keith Prossick  
**This Month: The Great Wave**

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Janis Cohen

**New!!!**

**Conversations with the Cosmos**

with Darshana Patel

**Transformative Art**

with Krista "Jonesy" Jones



One day, I decided I wanted to paint. I had done it once or twice while heavily intoxicated off of cheap wine and pretzels at a drink n' paint place in Marietta Square. I enjoyed it. But... I didn't want the learning curve part of being new; I wanted to fast-forward to being awesome. I wanted to decorate my walls with paintings I'd done. I went to Michael's and bought all of the things I assumed I'd need in order to be a "good painter." I set everything up on the tiny porch of my 575 square foot apartment, I opened the bag of paint brushes, and then—

"Oh no. I don't know which paint brush to use. Are there directions?"

\*turns package over\*

"What the fuck? It doesn't say which to start with."

\*feels chest tighten\*

\*becomes certain that the world may end\*

"Okay. Maybe if I decide what I'm painting first."

\*stares at blank canvas\*

\*sighs\*

"I don't even know what to paint. What should I paint?! What is the right thing to paint?!"

\*takes shallow, anxiety-filled breaths\*

"This is stupid. I hate painting."

And I gave up.

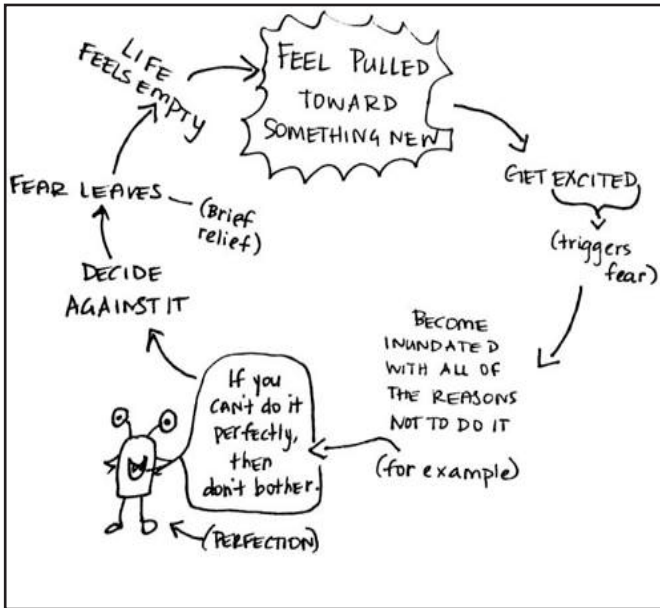
This process repeated itself many times. \*Many\* times.

I eventually read a quote somewhere that said, "What would you do if you didn't have to do it perfectly?" I had a few responses, the first of which came out without much thought at all:

1. Paint.
2. Breakdance. (This has been somewhat of an obsession of mine for a long time. It still is. At age 30.)
3. Write a book.
4. Do public speaking.

I stared at my list. With a sigh, I again sat down on my back porch with my easel and cheap beginner's canvas. I felt the familiar anxiety to be a good painter (as if there's some clear-set definition of "good"). I was terrified to do the first paint stroke because my linear thinking had decided that one "bad" paint stroke would immediately equate to a "bad" painting and I'd have wasted all this time and money for nothing and likely die alone (because that's how those old patterned ways of thinking work: they're very dramatic).

I recognized my concern and, suddenly, I was able to see it from an objective view. While watching this inner turmoil take place (over something as seemingly relaxing as art), I realized that I had fallen into the familiar trap of PERFECTION. It looks like this:



I logically knew that perfection didn't exist, but that didn't stop me from constantly trying to attain it across all chapters of my life. I had spent nearly three decades striving to be the perfect daughter, employee, girlfriend, and to be my skewed idea of a "perfect woman" by holding in my emotions, starving myself, getting a boob job, and objectifying myself. This way of living had resulted in a lifestyle of alcoholism, addic-

tion, self-harm, depression, suicidality, and isolation.

I don't know if the Perfection Trap affects others in this extreme of a way, but I know that, if left unchecked, it certainly has the potential to.

So what's the answer? How do we stop the cycle?

"I am going to paint the ugliest painting that ever existed," I said aloud. "It will be SO imperfect!"

Without another thought, I grabbed whichever paint brush wanted to help at that time, named him Mr. Paintbrush, splooped random paints on my little palette and started painting whatever wanted to be on that canvas. Any time I felt anxiety crawl back into my shoulders and chest, I'd remind myself to make the painting ugly. To allow it to be imperfect.



The most fascinating thing happened. I started making really beautiful paintings.

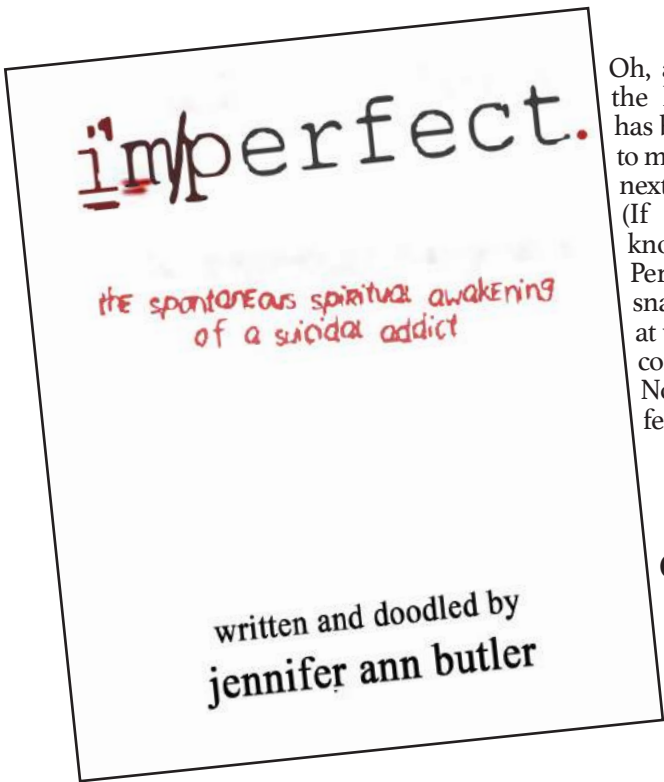
And, hell, even if they do turn out to be ugly, I can say "Job well done, Jen!" and put a checkmark by that task. In fact, two years later, the walls of my house are decorated with lots of paintings I've imperfectly created. Guess how many were created with the ideal of perfection? Zero. Breaking myself out of the cycle of perfection was unnerving at first. But, with time, the voice of my fears became less prominent and I was suddenly able to hear the voice of my Soul. And I don't just mean that I experience occasional gut instincts or intuitive pulls. I mean that my Soul has a very distinct voice. The more I listen, the stronger it gets.

Earlier this year, my Soul started to chant to me. "Write." It repeated this. Over and over again. I asked myself what I would write if I didn't have to write it perfectly. The answer? "My thoughts and feelings and experiences without filter, in the exact order they come to mind and heart."

So that's exactly what I did. I sat down and I wrote, starting with the sentence "What I really want to say is..." and letting the rest flow out of me. I allowed it to be imperfect. I allowed it to be messy. I allowed it to be me.

My first book, "imperfect: the spontaneous spiritual awakening of a suicidal addict" is now available in print. I feel so grateful to my Soul and to myself for listening to that voice, even when I felt nothing but resistance and discomfort.

Now? I recognize discomfort as an essential part of the growing process. As soon as I started to embrace discomfort and invite (rather than fight) my imperfections, my life began flowing and growing in a way I never thought possible.



Oh, and a quick update on the list. Recently, my Soul has begun chanting "Speak" to me. Clearly, I know what's next in line.

(If you or anyone you know struggles with the Perfection Trap, you can snag a copy of imperfect at [www.theimperfectbook.com](http://www.theimperfectbook.com).)

Now go take some imperfect action!

Get your copy of "imperfect" now by going to Amazon.com.

Visit Jennifer's website at: [www.theimperfectbook.com](http://www.theimperfectbook.com).

Jennifer ("Jen") is a quirky truth-teller who imperfectly shares her story through writing, doodling, and painting. She loves hippos, mis-matched socks, and broccoli. She is currently writing her second book and beginning inspirational speaking. Check out her blog at [www.jenniferannbutler.com](http://www.jenniferannbutler.com).

# AQUARIUS

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

## THIS MONTH November 2016 Scorpio



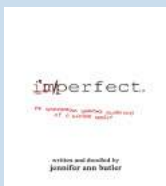
The human race is shifting from the Age of Pisces to the Age of Aquarius. At the heart of this shift is the reconnection of human consciousness to universal energy. This energy is like a Great Wave, flowing over and connecting everyone to everything...seen and unseen.



In the spirit of the Season, we at Aquarius want to say a big "THANK YOU!!" to all of our advertisers, readers and fans. Aquarius is in its 24th year as the south's leading alternative spirituality periodical...and as one of the most recognized brands in Atlanta. That is because of you!! We hope you have a great Thanksgiving with family and friends!

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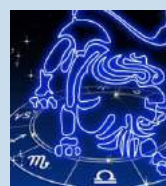
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One of the most fundamental difficulties that afflicts the human race as a whole at this time is the split between intellect and emotion. This is a process that has been going on for a thousand years or more, which began to pick up steam with the Renaissance and the rise of Secular Humanism, and really came into its full flowering in the Industrial Age from the late 19th century until the present time. What has occurred is a division within the human psyche, a conditioning that forces us to experience thoughts and feelings as separate things, rather than the fundamentally interrelated expressions of consciousness which they really are. The long-term effects of this split have been traumatic, to say the least, for humanity, since we require both the heart and the mind to be fully open before we can experience our true nature.

Without diving into the murky realm of conspiracy theories, we can say that this has been a systematic deconstruction of the way our life force functions that is, at least, a part of the ending of the previous cosmic aeon, and that the prevailing energies of the Piscean Age have been conducive to the creation and the widening of this split. As we move into the future, we find ourselves, as a species, at a fork in the road. We are faced with a choice to either heal this psychic wound and enter into the next phase of our evolution, or continue to let it fester and poison us, leading to our inevitable extinction. It is a test that all of humanity faces, are we willing to reconnect ourselves and discover who we really are, or will we remain in our vicious cycle of fear, greed and hate?

Now more than ever, the signs of this are around us throughout the world. In the United States, the current Presidential election cycle is giving us an unprecedented view of our shadow side. The rise of Donald Trump has emboldened those who live in fear, who thrive on division and hatred, and who would gleefully send humanity down the apocalyptic path. The ongoing campaign being waged by the Islamic State in Syria, Iraq and Libya, which seeks to drag humanity back to a Medieval existence (which was called "The Dark Ages" in Europe for a reason) is another outward manifestation of the hole in our collective consciousness. But apart from these very obvious situations, the more insidious effects are

happening all around us. Alienation, loneliness, disconnection, lack of community, competition rather than cooperation, the symptoms of a dissociation between the mind and the heart that threaten to unravel society as we know it. When the heart and mind are not connected, violence, to others and to self, becomes easy, becomes normal.

Great strides have already been made on the part of women throughout the world, reconnecting to an intellect that has been repressed by thousands of years of Patriarchy. Men are lagging far behind for their part though, and perhaps the greatest challenge of our times is to gently usher men into the acceptance of their emotions. Most of the horrors that beset our world are the result of men struggling against this reconnection to their hearts. The emotions are strange and often upsetting, and therefore dangerous, so men typically react violently against them. That said there is a movement bubbling below the surface of society of people who are longing for this reconnection and seeking out the means to create it.

Fortunately there have been some among us who have reintegrated their consciousness fully, and they have often become great teachers with a mission to help others reconnect hearts and minds, shepherding humanity towards the next phase of its destiny in the Aquarian Age. The techniques are out there and available now for those who are willing to use them. Plumbing the depths of our psychic traumas to find that fundamental wound can be a scary experience, but once the journey has begun, it quickly becomes clear that there never was any other choice. We must become whole again if we are to survive. Though the road seems dark and dangerous, we must not turn away.

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





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# feature... Riding The Wave

by Don Martin, Publisher

There are not really any steps to growth in consciousness (or spiritual growth) that are set in stone. Each person has their own path to travel in expansion, compassion, mindfulness and consciousness - and to quote Jerry Garcia of the Grateful Dead... "that path is for your steps alone." ("Ripple")

For the past few months, Aquarius has been using the amazing and mind-blowing art of Keith Prossick to identify and explore various factors along the path of consciousness and spiritual growth. We've called this series "Breaking the Mandala", because growth in consciousness is more likely than not going to be a disruptive and challenging process, and will often disguise itself as being shockingly unspiritual and even destructive.

The first painting in the series (September) was "Ganesh", and portrays the Hindu deity Ganesh bursting through a carefully constructed mandala. Ganesh is the deity who removes obstacles...and usually does so by destroying the obstacle. In our spiritual development, the main obstacles are usually our carefully constructed ideas, world views, and patterns of behavior that give us the illusion of control. Our conscious awakening happens most often as a reaction to trouble, pain or disturbance of some kind...in other words, our "mandala" gets broken, and opportunities for growth emerge.

The second painting in the series (October) was "Pagoda". It portrays a beautiful pagoda in an idyllic setting, and reminds us that as we begin to experience the turbulence of spiritual expansion, we seek for (and often create) a "place" of Sanctuary. Sanctuary is wherever or whatever we need to process and begin to understand and cooperate with the evolution of our consciousness. It may be a group, an idea, a practice, a person, or just a time of day...but it is where we can safely reflect and begin to understand the new world of consciousness that is opening before us. It is also a place we can rest and heal as we deal with the turbulence of conscious awakening.

This month, the third painting in the series is "The Great Wave." And wow...prepare yourselves!!

At some point in your spiritual journey, you will be overwhelmed with the Mystery, the Magic, and the Sacred Uncertainty of higher consciousness. You will feel the rolling of a Great Wave, and you will experience being swept away.

One of the things that happens in conscious awakening is an opening to a new way of perceiving the world and reality. You have probably seen pictures of a Lotus Flower; in many eastern spiritual traditions, the lotus flower (in full bloom) is representative of the multi-layered process of awakening and the opening (blooming) of consciousness.

Often, this "new way" of seeing the world and reality occurs as a wave washing over you. You may feel unexpected and hard to define feelings. You may have unusual occurrences. You may begin to see patterns where none existed before.

The craziness goes on. People have seen entities, heard voices, talked to loved ones who have passed on, seen energy auras around people. Some have chosen to leave their previous lifestyle to devote themselves to helping others, teaching, coaching, or pursuing dreams of creative expression or social transformation.

I call it "craziness" because, in our programmed society, these actions and experiences often look "crazy" - that is, they are way outside of the ordinary and common-place. People who begin to experience the Great Wave of conscious awakening are often mocked, ridiculed, scorned or deemed unhealthy.

The age of Aquarius (the astrological age we are entering as a human race) will see more and more of this type of conscious awakening...a new step in the evolution of human consciousness. More and more people, even whole nations, will "wake up." Spiritual eyes will be opened, and new value systems - based on

love, respect, cooperation, unity and connectedness - will begin to emerge. Just as the Great Wave has personal implications, it has social implications as well. Human culture, globally, will look very different hundreds of years into the age of Aquarius.

There are two aspects of this Wave that washes over us in spiritual awakening that I want to focus on. One is Current, the other is Connection.

## Current

Increasingly, science is affirming what mystics have known for centuries...everything is Energy. From the background energy field observed in the Universe, to the paper (or smartphone!) being held in your hands, everything is energy. You are energy - your thoughts, feelings and your physical/material body are all manifestations of energy, vibrating at different rates or frequencies.

Call this Energy "the Current", and you will begin to see how this aspect of the Great Wave impacts and influences you. The Great Wave is Energy itself, and as you awaken, you become aware of this Energy which surrounds you and is you.

And because you become aware of it, you begin to open yourself to it. You begin to experience the Current of Energy, moving through you. You perceive life and thought and action as a Flow. Increasingly, you become a part of this Flow; and the more you are a part of the Flow, the more you want to be.

## Connection

As you become more aware of the Energy that is the basis of reality, you begin to experience a second aspect of the Great Wave - and that is connection.

The Current flows through everything, and indeed everything is the Current. The fundamental truth of this reality is that everything and everyone is connected.

Our consciousness extends beyond ourselves and connects with every other conscious on the planet, which itself connects with a Universal Consciousness... which is the Energy that is everything. **Click here to watch a compelling short video about connection, narrated by Patrick Stewart of "Star Trek: The Next Generation" fame!**

One reason that spiritual awakening can be so overwhelming is that we begin to understand that everything is connected...and our previous experience of Reality is just a perception. We connect with humans, non-humans, plants, rocks, extra-terrestrials, other dimensional entities, even those who have died (because energy does not cease, it simply transforms). As we become aware of and experience this connection, we get carried away to more amazing and unimaginable spiritual experiences.

Current and Connection...two aspects of the Great Wave that sweep us away into the bliss of expanding consciousness. As you read in Aquarius this month, let your imagination run free at the idea of being swept up in a Great Wave that is rushing over the entire human race. Let yourself feel in the Current and Connected. You will be amazed at what you see, know and experience.

Here's to Riding the Wave together!! Namaste!



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





# Breaking The Mandala A Seven-Part Series On Creating a New Age

Featuring the Art of Keith Prossick  
Commentary By Keith Prossick with  
Stephanie Kohler

## Part Three: The Great Wave

Welcome to Breaking the Mandala, which examines the aesthetics, insights, and greater context of a series of paintings by Keith Prossick. We humans awaken not just through what we read, but what we see and explore beyond words.

You can view the painting, and read commentary from the artist. The commentary is specifically drawn from the artist, as a way to show the process and background to the work.

There is no “correct” way to do this. You can read first; you can look first. You can do one or the other, though certainly we recommend both. This month’s art is The Great Wave.

Last month I found solace in Pagoda, where the world settled back in balance. But the funny thing about sanctuary is that the universe that was when I entered was not the universe to which I returned. Or at least that is how it seemed. Yes, I was back on solid ground, but the world was still spiraling from its primal core, as I began to find a new way forward. The good thing is that I knew where I wanted to go—the avatar had shown me.

Through the healing in Pagoda, I was granted the lesson of new languages, which started opening pathways through the dualities that trapped me before. To see through the symmetry of the patterns that entrance and captivate us. It was here, in this moment, that my language began to evolve. Old memories fell away as a new dream came into play.

Onward, I drew myself forward into this new piece—this new composition of myself, one that aligned with the patterns that fell on the canvas, The Great Wave. If there is something familiar about this image, it’s because you’ve probably seen the art which inspired it. Unlike the previous paintings in this series, this painting is a study, of The Great Wave off Kanagawa, a woodblock print created by Hokusai, circa 1833.

Using Hokusai’s recognizable composition, I painted the current of cosmic forces flowing through all the elements—water, waves, sun, sky, mountains. We tend to think of water as having currents, but this painting shows the cosmic currents that pass through multiple elements. They are all connected; they all dance with each other.



Everything flows in these currents. The water, through waves, lifts up towards the sky. Mountains cut through this path, releasing the water, allowing it to roll as a river, back into the sea. We know the ocean has waves, but so does the sun—in this painting, the waves of the sun cut a wake through time, as our solar system spins through the galaxy.

One of the most distinctive, memorable details in Hokusai’s print is the foam on the waves. It is quite sinister, having the appearance of claws or talons. Gigantic ocean waves can be devastating, as tsunamis and hurricanes prove. Metaphorically, gigantic ocean waves in our personal lives can render us terrified or emotionally broken.

But I chose to render the wave crests as spirals—another part of the current flowing, in a double-helix dance. These spirals also flow from the sun; they meld into the spirals of the waves.

Waves can be sinister, but their tension still carries this current—which is the true, cosmic connection between the earth and what is beyond it. Regardless of the destruction that waves may cause, life must continue. Within the destruction is the current of life.

That can take the form of helping those who suffer the destruction of great waves, whether the waves are real or metaphorical. As individuals, sometimes we have to maintain our struggle to continue in the aftermath of great waves.

Everything is energy; everything is connected. Currents in the ocean are connected to celestial currents in space. These patterns upon patterns echo reflections of existence, in a sort of cyclone of reality.

I let all the currents and energy take me away. The quickest way home was to surrender. I knew that I have lived through this cycle and process before, again and again. I have passed through sanctuary many times and found myself here at the beginning of a new pattern, gaining confidence each time, getting it a little bit better, each time. After the healing, after the sanctuary, I was ready to face the world again.

All these currents, leading me through an Akashic Wormhole, connect us to our most profound and timeless wisdom as humans. This time I was thinking, let’s go deeper.

Then, I washed up on the stacks of a Great Library.

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*You can see the incredible artistry of Keith Prossick - and learn more about the artist - at [keithprossickarts.com](http://keithprossickarts.com) - and you can purchase his art from his website. If you would like to be a patron, supporting Keith on a monthly basis, visit [www.patreon.com/keithprossick](http://www.patreon.com/keithprossick).*





## **The Great Wave** by Keith Prossick

You can purchase "The Great Wave" by visiting [www.keithprossickarts.com/market](http://www.keithprossickarts.com/market).



# Connecting Life and Death

## by stephanie kohler

October is probably most recognized as the Halloween time—costumes and candies and parties. However, this time of year has many other associations and layers, which can help us connect to the planet and ourselves.

Seasonally, the northern hemisphere is in a time of decay and death, as nature retreats into its winter cycle. This part of the cycle, the decay and death, is vividly sensory, easy to witness. The temperature drops. Leaves change colors and fall. Plants wither.

For millennia, as people across cultures have observed this natural cycle, many have believed that this time of year is a potent time to connect with the dead. This current of belief challenges mainstream American culture, which is highly squeamish and uncomfortable with death. This awkwardness manifests in many ways—people often dress a certain way; they are careful to say only nice things. Openly grieving people are often told to calm down and not be upset. Being receptive, however, to the lessons from other cultures can demonstrate how to hold death in respect, ease, and even in a more expansive view of life.

In the Celtic wheel of the year, the midpoint between fall equinox and winter solstice—essentially the end of October/beginning of November—is known as Samhain (pronounced “Sow-en”). A common description of this time is that “the veil between the worlds is thin.” Meaning that the boundary between the living and the dead is softened, as we observe the death of nature around us. The timing with nature’s own death cycle allows the environment to hold a relevant container, as people process the losses of loved ones no longer alive.

Samhain celebrations often include rituals and spaces to honor the dead—including ancestors, near relatives, and friends. Some people emphasize those who have died in the year since the previous Samhain. Instead of ignoring grief or stifling expressions of it, people create an intentional space to honor the process of feelings around life and death.

Mexican culture has el Día de los Muertos. The visuals of this holiday are widely known—skeleton face paint, sugar skull cookies. In recent years, they have been incorporated into many Halloween celebrations. But there is more to the holiday than distinctive costumes and food.

For example, many people celebrate el Día de los Muertos by creating altars for dead relatives or friends. The altars often have photos or personal objects, as well as food that the (now dead) person liked. After people have offered the food on the altar, they often have picnics in graveyards, where they remember and celebrate those who are no longer living, while eating the food that the dead people enjoyed.

I first learned about el Día de los Muertos while I was a high school student. Like many Americans, I was averse to it. Having a picnic in a graveyard? With food prepared for the altar of a dead person? The holiday seemed very morbid.

As I have aged, though, and (of course) lost dear friends and family, I now appreciate traditions which connect the living and the dead. The celebrations for Samhain and el Día de los Muertos are beautiful opportunities for communion—for both the living and the dead. These celebrations honor death as a natural part of the greater cycle of life—the undeniable connection of life and death. They also create spaces for the living to connect to each other, in the shared space of acknowledgement, remembrance, grief, and even joy.

These traditions have helped me connect more deeply to myself and my own life, as well as people around me, both living and dead. Not in a morbid way, nor because I dismiss death as no big deal. I appreciate the idea of connecting with people I loved who are now dead, just as I am grateful not to go through that process alone.

Because I can acknowledge the connection between life and death, I take far fewer things for granted. I have also developed my own ways and rituals to connect with the dead. Many of the altars and in my home connect me to the dead. Sometimes the way I dress, even the way I talk, are currents in the river of life and death. I feel more alive when I honor those connections.

So, at this potent time of year, I encourage you to explore for yourself. You don’t have to wear makeup or hold hands around a bonfire or bake sugar skull cookies. In the process of celebrating life by acknowledging death, you may discover many more layers of connection—to yourself, to others living, to those no longer living. And perhaps as well to nature and the greater currents of the universe.

*...because I can acknowledge  
the connection between life and  
death, I take far fewer things  
for granted.*



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

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# STILL POINT

By Phoenix Lea

"Every day is a waking mindfulness. An electric impulse of desire integrated with thought intention."

Hello Dear Reader...Are you feeling a new shift of energy within your own body, heart and mind? I hold this space for you. We are connected. We are one.

Here is a funny story... I was spending time hanging out with family the other day. As we were playing with all the fancy buttons on the treadmill, where my 10 year old niece was walking, somehow we started talking about the weather. I asked them, two ten year olds and a sixteen year old, "do you ever watch the weather channel?" And they laughed at me and said, matter-of-factly, "we have an APP for that!" And then I laughed! Hard.

Look how far we have come in such a short time. My grandparents would watch the weather channel all day. It used to drive me crazy in my twenties. I would say things like, "if I want to know the weather then I will go outside". However, we lived in The Florida Panhandle where hurricanes are known to make land and often. Where having notice of dangerous coming weather is imperative to your safety and wellbeing. I could not blame them for their way of staying connected to the outside world.

Although our mediums have changed, no matter the way you choose to receive your information, staying connected is important. Having the right information

early helps. It allows for you to make an informed balanced decision. As well as enjoy the experience as it unfolds because you are at rest within the experience instead of trapped in the unknown. We can never know it all, but we can find continuity in a mental and emotional state of rest.

What about our "inner radar"? Are you getting your own information early or late? By late, I mean way after you have been triggered and have now reacted instead of responded. The difference is a conscious state or unconscious way of being. What about intuition? The intuitive person will "tap in" and read the energy field to know what is on the event horizon. It is not an exact science but it is science nonetheless and can provide peace of mind. Would this not be an even faster way to "know"? This is a receiving ability that we all have. Not just a gift or talent but a relationship that can be enhanced and lived out into daily life.

Our Still Point is... hold a window open inside yourself, feel your connection to your body and your mind through your senses and imagination. Reality is malleable my friends! It is interactive with you and being fueled by your intentions. You matter and YOU are the gift! FEEL MORE and FEAR- less!! Open yourself up within as without. Be this love. Namaste.

I am Phoenix Lea  
A Clear and Perfect Channel

## Under the Bodhi Tree

By Awilda Rivera



For many it is the impressive poses, body control, and physique that draws them towards the practice of yoga. However, it's the individual's experience of personal development that makes them commit to a longer relationship with yoga. The understanding and mastery of the breath is an essential part of this journey.

In the west, breath is an after thought. Breathing is a foregone conclusion, a scientific fact that is often taken for granted. We must breathe. As a result, breath has become an undervalued and underrated asset. Yoga offers us a process through which we can get organically reacquainted with our breath.

Our Breath has three parts: (1) Inhale, (2) Exhale and (3) the brief pause after inhaling or exhaling. The yogic practice of Pranayama offers us a variety of different breathing exercises that allow us to discover all the parts of our breath, as well as the helps us to experience all the benefits of breath. I invite you to experiment with some of the techniques below to become more connected with your breath.

### [A] Deep Belly Breathing:

1. Place one hand on your belly
2. Breath in through the nose, expanding the belly as you inhale
3. Breath out through the mouth, squeezing the belly button towards the spine as you exhale
4. Repeat several times, looking to find an organic rhythm

### [B] Equal Length Breathing:

1. Sit comfortably. If you are seated in a chair make sure you back is erect and your feet are flat on the ground with palms face down on you lap. If you are seated on the floor please sit with you back against the wall.
2. Notice your breath. Begin to nostril breathing. Keep the mouth sealed to facilitate nostril breathing.
3. Begin to extend your inhales and exhales, you may wish to count the beats of each silently.

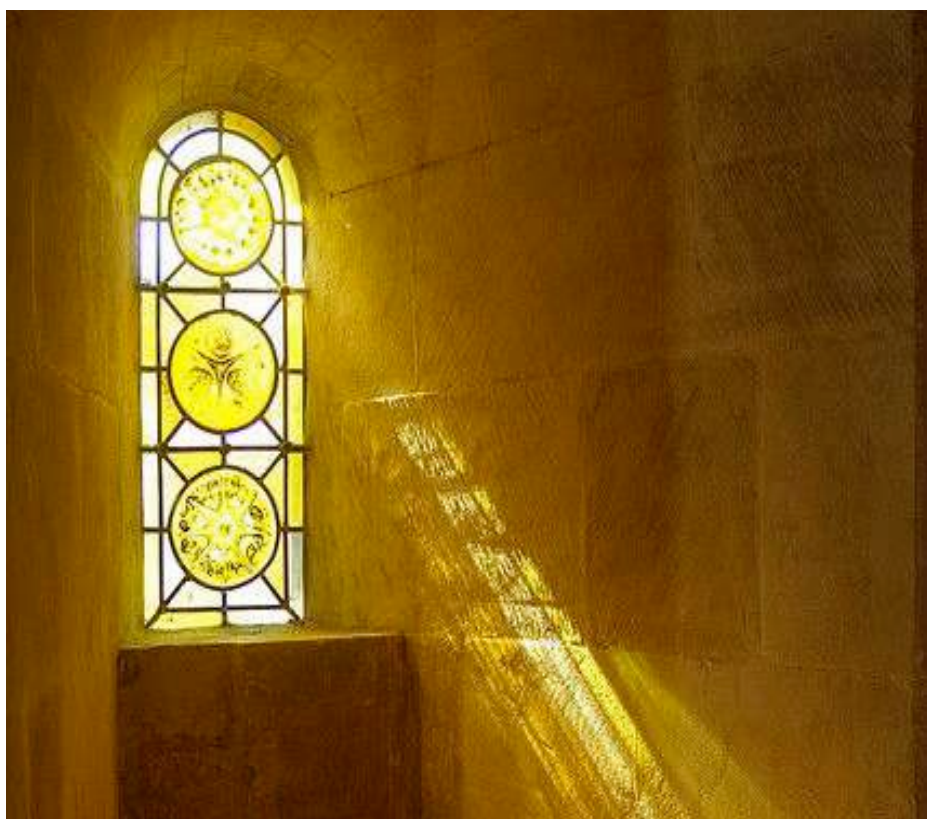
4. Once you have achieved an equal length, notice the pressure and speed of the breath. Begin to modify pressure and speed until they have reached a rhythm.
5. Allow yourself to indulge in several rounds of breath that are equal: length, speed and pressure. Remind yourself to relax your eyes, neck, face and shoulders.
6. When you feel complete take a deep breath in through the nose and breath out through the mouth.
7. Yoga Instructors may refer to this as: Sama Vata or Sama Vritti breathing

### [C] Alternate Nostril Breathing:

1. Place your right hand in front of your face with your palm towards your face.
2. Bend your pointers, middle and ring fingers on your right hand until they touch the base of your palm.
3. leave you thumb and pinky extended
4. take a deep breath in through your mouth, breath out through the nose.
5. Seal the mouth and breath in through your nose.
6. Use your thumb to gently close your right nostril as you exhale and inhale through your left nostril.
7. Then block your right nostril with your pink as you exhale and inhale through your left nostril.
8. Repeat steps 7&8 at least five times on each side
9. Release your palm from your nostril, take a deep breath in through the nose and let it all out through the mouth. Repeat twice more.
10. Yoga instructors my refer to this as: Nodhi Sodhana

Remember Yoga is more than movement in the body, it is about the connection between the self, spirit and world. The breath is our most direct avenue to achieving true harmony of body & spirit. Feel free to explore these various breathing techniques as an avenue to reconnect with you life force, your vitality, and the bounty of breath available to you. Until next time...Namaste!

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





# horoscope

## Scorpio Oct. 23 - Nov. 22

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



### Scorpio (October 24 - November 22)

Happy Birthday Scorpio! The Sun is shining on you this month and makes your personality more immediate and noticeable. Attention will be focused on the most basic and foundational aspects of your life. The way you communicate, balance resources and address relationships will all come to the surface. You should feel more talkative and open to discussion than usual, so use this energy to clear the air and make some positive new plans.



### Taurus (April 20 - May 20)

Love and relationships are your focus this month and although you may be feeling more secretive, you'll still make sure to express your feelings with subtle messages and passionate intention. Romance further improves after the 11th when Venus in Capricorn urges you to 'get serious' about a love interest or make a bigger commitment. Travel is also favored, especially if there is something educational or spiritually enriching about the destination.



Hillary Clinton, 10/26



Billy Graham, 11/7



Joe Biden, 11/20



Katy Perry, 10/25



### Sagittarius (November 23 - December 21)

It's time to reflect and rest this month. Make sure to take some peaceful time for yourself to rejuvenate and heal from any challenges you've encountered this year. Your most sensitive side is showing now and it can be difficult to face the tougher emotions you often hide behind a happy exterior. Releasing any sadness or disappointment can be cathartic and help get you feeling better again sooner. Be conservative with money so you can enjoy it more next month.



### Gemini (May 21 - June 21)

Your reflective side emerges this month as the intense vibrations of Scorpio and Capricorn have you in a more serious frame of mind. You might even prefer to spend extra time on your own to explore and write about your mysterious discoveries. Taking time for yourself will be beneficial to both your mental and physical health. Creativity can be a great ally and this is an excellent time to do something inspired with a friend, child or beloved pet.



### Capricorn (December 22 - January 19)

This is a positive and electric month that has you wanting to reach out and get involved in society. Any kind of cause or charity that calls to you should be investigated. Career expansion and growth are becoming possible day by day and you should allow yourself to dream bigger than you usually do. The movement of charming Venus into your sign on the 11th will make you more attractive and in demand. Ask for what you want!



### Cancer (June 22 - July 22)

Your positive energy and optimistic outlook increases this month as your creativity soars. You will be less inhibited and more comfortable in the spotlight than usual and should get out to enjoy being with friends. Your mind will be inspired and open to music, poetry and romanticism. Dreams may also be more vivid and memorable, so write down any meaningful messages that come your way.



### Leo (July 23 - August 22)

The introspective energy of Scorpio is a direct challenge to the bright, open nature of Leo. You will likely feel more comfortable just doing your own thing and staying on top of a healthy personal routine. Giving your home a little spruce can help lighten the heavy mood and refresh your space. Your desire to communicate will be strong, but the words won't come out the way you plan. Write down your thoughts for now to avoid conflicts.



### Pisces (February 19 - March 20)

You will feel restless and ready to travel this month as divine wanderlust nips at your heels. Complex emotions and mysteries are strongly felt in your subconscious now, but you are well-suited to the task of understanding them. Your personal energy is strong, but you will prefer to work in solitude to avoid distractions and fine-tune your projects. Relationships that have been shaky should begin to enter a phase of stability and grounded routine.



### Virgo (August 23 - September 22)

Your mind is quick and agile this month and you'll have to organize your thoughts to maximize your mental energy. Social obligations will arise and while the tone is serious, there is also plenty of opportunity to inject some creativity into the mix and have some fun. Treat yourself to a day at a museum or concert to relax. There could be some intense situations with authority, family or children - be patient and it should work out in the end.



### Libra (September 23 - October 22)

Transformations around home and family continue to play out this month, as you work to maintain your personal balance. You might discover financial help from unlikely sources as you organize your money and finances. Social interactions will be meaningful, but not very light or fluffy. The tone is serious and a bit dry for your taste. It's a good time to re-evaluate relationships because you are able to view them with more detachment than usual.



### Aries (March 21 - April 19)

Expect a powerful month with plenty of personal power coming your way. There could be dramatic changes at work, with struggles over leadership and authority. Others will see you as a strong personality and you'll want your share of respect and appreciation. Relationships will be positive and harmonious, as long as you mind your manners and respect differences between you and your loved ones. Take some time for yourself to rest and reflect.

## Welcome fellow Stargazers!

Mysterious, passionate, emotionally complex, magnetic and deep - the sign of Scorpio embodies all of these qualities and creates the intense mood we feel as November begins. The time of the scorpion has us feeling more introverted and enigmatic as we explore the deep waters of our inner psyche. Scorpio is never content with shallow, surface answers or conversations and finds fulfillment in uncovering hidden motives and psychological drives. They will peel back each layer until they get to the core truth of any subject or person. Their laser-like gaze is not for the faint of heart and it takes a special person to appreciate their intense style of living. This eighth sign of Zodiac, while not the oldest on the wheel is the most powerful astrological archetype. Able to embody the best or worst of human nature, their dark side has earned them a reputation for revenge, manipulation and hunger for power. Their positive side is equally strong, as Scorpions who choose the light are creative, healing and transformational forces for good. Being a Scorpio is like having an angel on one shoulder and a devil on the other, always making you aware of the choice between good and evil.

This insightful sign has the mysteries of birth, life, sex and death hard-wired into their consciousness. They understand death is a part of life and are not generally afraid of confronting the tougher aspects of living and dying. It's no wonder we celebrate Halloween and Dia de los Muertos during the time of Scorpio, when we feel closer to the spiritual world. If you are a Scorpio or have chart positions in this sign, it's important to remember your intense, passionate nature. Many people will not understand how deep your emotions run and it's wise to find constructive ways to voice your feelings. You can be slow to trust and let others in on your secrets, so take your time to find those close friends you can depend on. Keep aware of the fact that you can go to the heights or depths very quickly and work to moderate your strong reactions to life events.

Planetary highlights for November will include Daylight Savings Time starting at midnight Saturday 5th. The following day brings a Mars/Moon conjunction that will have us feeling moody and home-loving. The American General election on Tuesday the 8th occurs during a Void-of-Course Aquarius Moon for most of the day, with the Moon moving to Pisces at 4:45pm EST. Expect delays, confusion and frustrations - vote in advance of the day if possible.

Our Full Moon of the month will be in earthy, sensual Taurus on Monday 14th at 8:52am EST. Make this a day of grounding, simplicity and enjoying good food, love and friendship. Focus on what you are grateful for and 'plant' projects you would like to see grow in the future.



AQ





**KING OF WANDS:** A lot will be happening this month and things are on the move. Focus on what you need to accomplish, because the combination of the powerful King energy and the Fire energy will help you move forward and stay on your path. Let go of any worries about what is happening in the world and our country, concentrating instead on your own sphere of influence and what you can do to make your world a better place. You are "on fire" this month as you get into a change mode and make a difference in your own life, so don't let this opportunity go by.

**KNIGHT OF CUPS:** You will see positive movement in relationships, with the wonderful Knight energy encouraging you to seek out ways you can bring current friendships and partnerships to a higher level, enjoying aspects of them that perhaps you never noticed before. Spread unconditional love where you see there is none. Focus on remembering that we are all connected rather than allowing divisiveness and rhetoric to consume you. Now more than ever is a time when we need to realize the importance of interconnectedness, recognizing our similarities rather than differences.

**4 OF WANDS:** Things have been murky and unclear for some time, but as hard as it may seem to believe now, things are on an upswing. Anything is possible, and miracles do happen. The state of our country now is not set in stone, and what appears to be on the horizon may not be so. Just take it a day at a time, visualize a country where we all learn to get along, and remember to inwardly stay peaceful and calm. That is the best way to have peace in your own

life, regardless of the chaos that may be swarming around you.

**9 OF SWORDS:** Anxiety, worry, and doubt may be in the air, but you have the power to not let it bother you by not concentrating on what appears to be. We have tremendous power within ourselves that can affect those around us, so once again stay positive, release the fear, and focus on a better world that is our future. We must continue to be inspired with all the good we see around us, and have hope and optimism that we are ready to move on, having learned the lessons we needed during the previous tumultuous months. Fear and worry do not have to be a part of your life, so avert it by setting an intention that you will see good coming out of the craziness.

**TRENDS FOR THE MONTH:** An exciting and unpredictable month is ahead, so use to best advantage the Knight and Fire forces prevalent to carry you along on a positive trajectory. Focus on yourself and what you can control, what you are responsible for, and what you as an individual can do to make this a better place. Relationships will prosper and bring joy, so have fun with others, enjoying one another's company. The murkiness that has been clouding our vision and interfering with feelings of calm will give way to more hope and optimism, regardless of the way things may look at the start of the month and as they unfold. Remember that anything is possible. Stay in a hopeful, optimistic state of mind rather than in one of anxiety and worry. Do not let fear prevent you from accomplishing all that is possible for you this month.




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


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**October's Moon Calendar will be on-line November 1.  
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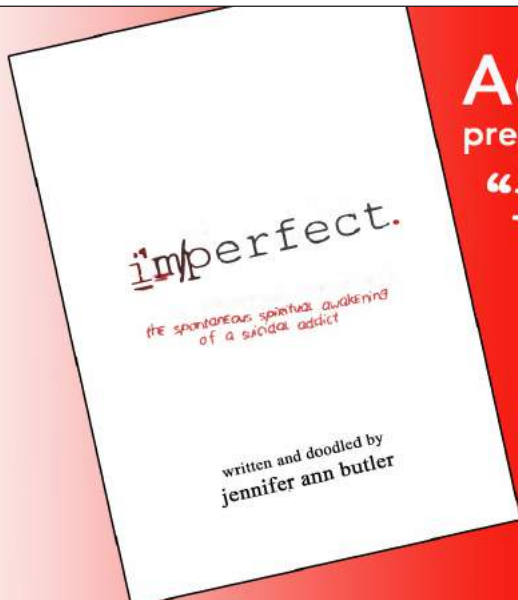
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spontaneous spiritual  
awakening of a  
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by Jennifer Ann Butler

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The mixed messages of our culture create such inner hostility toward our individual selves that many of us feel frozen in place, unable to venture out of our limiting comfort zones. Jennifer Ann Butler (“Jen”) knows the painful paradox of perfection all too well. She chased it for decades, only to find herself living two lives: the put-together perfectionist on the outside and the suicidal addict on the inside. “imperfect” is a behind-the-scenes view into Jen’s journey from addiction and atheism to sobriety and spirituality. With humor, doodles, and a refreshingly raw and honest approach, Jen demonstrates the true power of embracing imperfection. Get your copy at [Amazon.com](http://Amazon.com)!



## Garlic's Lore and Legend

There has never been a time when humanity ignored garlic, nor has there ever been an herb called upon to play such disparate roles. There is much lore and legend surrounding garlic. The entire ancient world from Spain to China revered garlic; in fact, the cultivation of garlic in China is of such ancient origin that it has an ideogram to itself. During the time of the Pharaohs, when Egypt was at the peak of its power, garlic was given to the laborers and slaves who were building the great pyramids in order to increase their stamina and strength as well as to protect them from disease.

In the fifth century A.D., the Greek historian Herodotus wrote that on one of the pyramids there is an inscription describing the amount of garlic, onions, and radishes consumed by those building the great pyramid of King Khufu (Cheops). The use of garlic was evidently not limited solely to slaves, as Herodotus called all Egyptians “the stinking ones” because of their redolent garlic aroma.

The Greeks greatly admired garlic and made much of it, and Greek criminals were given garlic to eat in order to purify them of their crimes. However, common people who smelled of garlic were not allowed to enter the temple of Cybele, the mother goddess of the earth, worshipped throughout the Near East. Among the Romans garlic was fed to the laborers to make them strong and to the army to give it courage, since the plant was dedicated to the war god Mars. They even attributed their success in conquering the world to garlic because “no invader would come into the country that smelled so strong.”

The lowly bulb was not considered with much favor by the richer classes, however, who viewed garlic breath as a sign of low birth, a belief that lasted well into the twentieth century. In India the priestly Brahmins were forbidden to eat garlic, while in the days of Islam, the Prophet Muhammed, fearful of offending his hosts by rejecting a dish liberally laced with garlic, explained disarmingly, “I am a man who has close contact with others.”

Sir John Harrington, in “The Englishman’s Doctor,” written in 1609, summarized garlic’s virtues and faults by saying, “Garlic then have power to save from death; Bear with it thought it maketh unsavory breath; And scorn not garlic like some that think; It only maketh men wink and drink and stink.” Garlic has an age-old reputation as a stimulant to the sexual appetites and rambunctious thoughts. In many Eastern religious traditions, yogis, monks, and nuns eliminate garlic from their diets for these reasons.

The origin of garlic is unknown, though it is believed to have originated somewhere near Siberia and to have spread from there into the Middle East and Europe. Today California produces 90 percent of the United States crop, more than 250 million pounds.

An Egyptian medical papyrus from the sixteenth century B.C. lists twenty-two remedies employing garlic for everything from heart disease and worms, to tumors, headaches and bites. Biochemists have confirmed the ancient use of garlic as an antibiotic and fungicide, isolating allicin as the active component. It is this agent that emits the characteristic smell; however, allicin appears only in freshly cut or crushed raw garlic. If the aroma, hence allicin, is destroyed, as in cooking or other processing, garlic is no longer a microbe killer. One raw crushed clove contains the antibiotic equivalent of one hundred thousand units of penicillin, and has proven more effective than either penicillin or tetracycline in suppressing certain types of disease-carrying agents.

Garlic is one of the most beneficial foods for the digestive system and has a strong effect on the lymphatic fluid and tissue, aiding in the elimination of noxious waste matter. In fact, European studies show garlic helps eliminate lead and other toxic heavy metals from the body. Garlic is also effective in ridding the alimentary canal of worms and other parasites, boosting immunological functions, purifying the bloodstream by removing sticky inorganic deposits in the blood vessels, and regularizing the action of the liver and gallbladder.

Truly, garlic is an amazing health food in every way!

# thanks...happy!

**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.livingfoods institute.com](http://www.livingfoods institute.com)



# Here is Why You Are Not Happy In Your Relationships

The  
Intuitive Therapist  
... Janis Cohen



Do you ever wonder why you experience happiness in some of your relationships but not in others? Happiness in relationships is not just about having things in common or loving one another. Rather, it's about compliance with rules.

### Values

Each of us values particular things like determination, love, health, success, freedom, security, adventure, power, passion, courage, loyalty, fidelity and perseverance, just to name a few. Values guide our every decision and, therefore, our destiny. Values are the things that we place importance on.

Take a moment to write down the top 10 things that you value in life. Next, rank them in order of most to least valued. You might find that some of them are competing for the same spot. Approach the value ranking as if you were being forced to prioritize one above the other. Now, set aside this list, for now.

It's important to understand that as you complete the value elicitation exercise above there are two types of values that you have: ends and means values.

If I ask you, "What do you value most? you might answer, "Love, family, money..." Of these, love is the end value you are pursuing; in other words, the emotional state you desire. Conversely, family and money are merely means values; they are simply a way for you to trigger the emotional states that you really desire.

In addition, we have values that we move towards and move away from. While it is completely true that you and I are constantly motivated to move towards the values that allow us to feel pleasure, it is also true that we value some emotions more than others.

If I asked you, "What emotional states do you value most in life?" "What are the emotions that you think will give you the most pleasure?" Love or success? Freedom of fidelity? Adventure or security? These are called pleasurable states that we value most because we will do the most to attain them.

Anytime you make a decision about what to do, your brain first evaluates whether that action will possibly lead to either a pleasurable or painful emotional state. For example, if I asked you if you would like to jump out of a plane or swim with sharks, and the number one emotion that you would like to avoid feeling at all costs is fear, it's pretty obvious that you aren't going to take me up on my invitation to do either of these things!

If, however, the number one feeling that you will do anything to avoid is rejection, and you believe that I will reject you because you don't do any of these things, then you might decide to jump out of a plane or swim with sharks, in spite of your fear. Take a moment to list the top "moving-away-from- values" that you have. Examples, might be: rejection, guilt, shame, loneliness, depression, humiliation, anger or fear.

### Rules

You've identified your values and ranked them. Now, let's talk about rules. Rules are your beliefs about what has to happen in order for you to feel good about what you value; rules determine if you feel pain or pleasure.

For example, let's say you value love. Some people, who value love, believe that, in order for them to experience love, they need to have sex 5 times a week or get cards and flowers each Friday or hear "I love you" at the end of every phone call from their significant other.

If these rules are complied with, the person with these rules experiences pleasure; if they are violated (the rule is unmet in the way they believe it should be met), then the person experiences pain.

Every upset that you have with someone else is a rules upset.

Take a moment now, and get another piece of paper. Draw a circle in the middle of the sheet of paper perhaps the size of a golf ball. Inside that circle write the word love (you can also do this for any other value you have).

Imagine that this circle is the center of a sun. Now, draw lines that extend from the circle outward; like rays of sunshine. Draw as many as you are guided to draw.

Next, write your rules down for your value of love. What rules are met on a regular basis that allow you to feel and experience love? Which are unmet sometimes or all of the time? Knowing this will help you identify whether or not you should keep, discard or flex your rules so that you experience more pleasure and less pain.

These exercises will help you understand why you repeatedly experience pain in your relationships. Have a rule that keeps being violated? You might want to adjust it or eliminate it all together! Knowing what your values and rules are helps you to craft a higher quality of life for yourself and for your relationships.

*Janis R. Cohen, MSW, LCSW, is internationally known as The Intuitive Therapist with 25 years of experience as a therapist, Certified Past Life Regression Hypnotherapist, clairvoyant, empath and medium.*





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# tipi diary

by Robyn Meek



I've been sleeping in my tipi a lot lately. I just love Summer, the warm evenings. I relish in it, listening to the cicadas, the crickets. I have one chirping inside the tipi right now. I saw him earlier in the evening as I lit some candles.

I'm reminded of the first time I slept in here this Summer. I was awakened by the sound of an animal inside my tipi. I'm imagining a raccoon, opossum, or a big rat. I found the headlamp I am using for writing and scanned the inside. I didn't see anything. Then, there was a cartoon-like little bump moving under my numerous floor coverings. (I'm a Taurus...I like luxury :)) I started lifting items on the floor to happily discover he was under the tarp. When he came out from it at the edge of the tipi, I saw him. A tiny, cute, barely-a-tail mole. At that moment I'm sure he could hear my thoughts because I heard - "Hey! You're in My house. How would you like it if I crashed your house and decided You had to go?! You are in my world and I want us to live together. That is why we're here. To learn how to live together - All of us!"

I heard him.

A few hours later, early in the AM, after he kept me awake for much of the night, I was sitting around the fire pit in the center of the tipi and heard something again. I turned around to find him right behind me, looking up at me as he was about to dip under the tarp..."So, are we cool?", he asked. I said yes. He introduced himself and I started calling him Charlie. He darted away under my floor. My Earth and fabric and rugs and blankets, and Charlie's tarp.

When I put the tarp down in the Spring I noticed a few holes in the dirt. I thought, well I'm hoping you are not a snake. Don't misunderstand me, I love snakes. I love finding a black one under my tent as I pack it up. I love the image of the Kundalini Serpent. I just didn't want to discover a big unknown snake in my bed.

Charlie and I have been cohabitating well. He stays on the dirt and hasn't set foot on any of my stuff, living part of his life underground.



I haven't bothered Charlie and he hasn't bothered me, other than when he is keeping me awake :). This morning he was the most annoying little mole, making a lot of noise, going in and out of the tipi. When I sat up and watched him for a while, I realized he was running in a counter clockwise pattern, weaving in and out of the tipi. Still staying on the dirt part of the floor. He slowed down for a few seconds, walking along the the outer inside edge of the tipi. I thought to myself, he is not the slightest bit afraid of me. I guess because he learned quickly that he didn't need to fear me. Sometimes fear is a good thing, a natural, in-balance instinct to keep the body from harm. Our instinct has unfortunately become a way of being in our culture, fear-driven and operating from a place of fear. Violence is everywhere, some people are not able to meet their basics needs of food, water, and shelter, and we are bombarded with it - the images, the information, the fear-driven everything we are immersed in right now on this planet. Our natural instinct to protect the body, to survive, has become manipulated. We are a fight or flight culture. There is a difference between protecting the physical from physical harm and protecting the mind from hurt. One is an Ego driven fear, one is a simple instinct.

Yes, I hear some of you hard core Yogi's saying ..."well then you are fearing death, the body is not important." YES, it is !

It is a gift to be here. We are responsible for loving and taking care of our bodies. Don't take your body for granted. Don't take this life for granted.

I realize as I write this that it is very late and I feel as if I've been writing for hours, but I haven't. I'm still outside in my tipi. No Charlie's yet tonight. I hear the crickets, I hear buzzing bugs. I hear a very distant dog. I hear fast cars or maybe a motorcycle echoing through the pine trees next to me. I hear the gurgling of my pool skimmer, of leaves and pine straw brushing as they fall against my tent. I hear the question that started this writing.

"You're hearing, but are you listening?"  
I'm putting down my pen now, so I can listen.

# Awakening The Goddess



By Crystal  
Starshine

Can you see the patterns?

Can you feel the flow?

Life is throwing us experience after experience this year, pushing us to grow. Our consciousness is being triggered by the masses this year. It is a 9 year; a year of endings and 2017 brings to us a 1 year, a year of new beginnings. Are you ready? I know I am! This year has me burning away the old, seeing the flow, changing what I can, and finding the wisdom to know what I can't.

You may be following the election, the pipeline water warriors, or the disgusting old paradigms that are affecting women with so called locker talk. We have reached a period in this awakening where it is time to stand up for a more connected, conscious, centered and loving society, one that is focused on the wellbeing of their neighbors and the wellbeing of the planet. We are being called to change and let old things die! We are being called for misogyny to end!

I am not talking about an election here; I am talking about the planet as a whole. As I scrolled my social media feed this morning, I ran across a picture of a T-shirt that Walmart is selling saying "call me when you leave her". My friend, Eric Olson of Rhythm Healers was up in arms over this. Why are we teaching young women and men to treat others and themselves in this manner? Do our young women value themselves? In a country where the news and some presidential nominees think that it's acceptable to trash talk women and to blatantly share and brush aside rape culture, I am calling you to recognize the flow of the patterns we have been dealing with this year and for you to step with me through the portal into new consciousness. Are you ready?

I have wondered how I would be a part of this ending, how I could partake in some of the many changes that are going on and how my presence would work for change. I hope in your heart, you are wanting these same things, so I ask that you sit in a form of meditation that calls to you and look at the art on the front of this paper and ask how you can be of

assistance to this change. I myself stare into this piece and understand that the spiral path is always a continued one, never ending and that as I do my work and teach women to love, honor and respect themselves that they learn to do the same to those around them. That women will begin to recognize the patterns in their lives that are not for the highest good and that they are strong and wise enough to change them within themselves. I look deeply into this painting and feel the cleansing and washing away of the old with hope and warmth of the new that is waiting for us.

We all have to take steps toward the new consciousness as scary as it is for a big change we must begin to stand up for what we believe is right. We no longer can hide away and hope for things to get better because they won't if we just sit and do nothing. Take a stand, help Standing Rock, teach men and women how to respect each other, join a drum circle with like-minded people, start a prayer circle, find a tribe, Red Tent, or anything that will get you into the flow of the shift in consciousness. Let's take the ride you and me and make shift happen!

I am a believer of magic and of change!  
I am a lover of the universe and I believe that each one of us can be a catalyst for change. It is time!

Blessed Be!



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



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# AQ conscious business

w/Becky Arrington



As we begin to awaken and absorb new ideas, it is harder to accept business as usual. What with all this expansion of consciousness and thoughts, you may be ready to change the world! But hold on buddy, even though you are having huge "ahas," those around you may still be swimming in the same stagnant pond.

How do you integrate a new way of thinking and acting into existing organizations or if you are an entrepreneur, with your mainstream client base? Simply stay in your own lane. Just like the Olympic swimmers -when we have a relatively narrow area to maneuver and remain focused only on our own section, you are oblivious to the chaos in the rest of the pool.

Here are some sure-fire realizations to help you keep focused and in the flow.

1.) You can only control yourself: As much as you would like to change the world, your true scope of influence and control lies within. By looking inside you will discover untapped wisdom and knowledge you may not have realized was there. You may also begin to recognize some limiting beliefs or ideas that you may want to explore and clear away.

2.) Be aware of your feelings: If you are having an emotional reaction, check in to determine what you are feeling. You can't change things in your head if you're not aware of them. You have to become an observer of your thoughts, a self-examiner. Be aware that you're becoming upset, so that you can do something about it. Emotions signal that something needs to be looked at and understood. Identify the feeling, think back to other times you have felt it to try to determine where it originally came from. By exploring the root of our emotions, we can begin to uncover some core issues that may be wrecking havoc in more areas than just work. In turn you may want to spend some time understanding the issue and even seek professional help if warranted. But the most important thing is to own the feeling and be aware of it as opposed to lashing out or shut it down by burying it deep within.

3.) Change the perspective: With the clarity gained from becoming aware of the feeling, try changing the perspective from your own to the other person's point of view. How might they have seen what happened? Or go higher and try to get a broader view. What does the big picture look like when you get beyond your own personality, emotions and ego?

4.) Accept change and imperfection: Change is the only thing that is constant and coming to terms with that is imperative to reach a state of flow. Even though we like to think otherwise we are not perfect, therefore accepting

our less than perfect selves and others will help us adopt a less rigid stance. Stop judging, because you don't always know the purpose or path another may be on. That is not to say you should give up goals, standards and quality, but recognizing there is going to be change, that there are going to be errors and not going ballistic is a step in the right direction.

5.) Let go of outcome: If you are overly attached to how something has to happen or a particular ending, your anxiousness and focus on it actually increases the likelihood of it NOT occurring. The Law of Attraction teaches us to set a clear intention, follow it with action and then let it go. Hovering and micromanaging are excellent ways to drive people and positive results out the door. Your intense focus on an outcome may be small in comparison to what the Universe has in store for you. Spending too much time or attention fixed on a desire can ultimately keep you from having much bigger results.

Staying in your lane doesn't mean non-action or isolation, but a demonstration of observation, awareness, neutrality and non-attachment. When you stop controlling others, reacting emotionally, take a higher view, quit judging and let the Universe take over, your whole persona shifts and others will react to you differently. It helps you create a joy filled life in which you are indeed in the flow.



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

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## WHAT IS CHANNELING?

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Darshana Patel trance channels Source which refers to itself as **NEO**. NEO is an anagram for "One" and represents the emerging consciousness of Oneness (The Law of One). NEO is also a playful reference to the movie, The Matrix, and the notion of awakening from a false reality.



photo by Jinny Hawkins

### DARSHANA PATEL

Darshana Patel is a Channeled Healer, Reiki Master, and Medium. She is dedicated to inspiring the world to a new level of consciousness, compassion, and connection by accessing universal wisdom. She is a gifted healer, facilitating over a thousand Reiki and intuitive healing sessions.

### LEARN MORE ABOUT HER CHANNELING, SERVICES & EVENTS:

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## CHANNELING HIGHLIGHTS TOPIC: "SO I'M A LIGHTWORKER, NOW WHAT?" (EXCERPTS FROM A CHANNELING ON 07.29.16)

**W**hat is a Lightworker? All of us are made, at the most infinitesimal level, of light. Particles of light, known as the photon. If we - all beings and all matter - are made up of the photon, it is conscious, it has consciousness, it is light. *All of you may be lightworkers, but reconsider that all of you are light working. You are light currently at work.* This notion of lightworker, simply, is a vernacular that's been created to help us help you awaken to the idea that you are light beings in these physical bodies.

We all came from one Source, one originating particle, the photon. The photon has a particular essence of Curiosity. Curiosity is the fuel of the Universe, it is the creative force that is the energy of all that we do, say, think, manifest.

**W**hat is the Awakening? When you awaken, you become a lightworker because you are ready to illuminate the shadows that exist in all of us... that conditioned way of not being fully present, open, loving.

The next wave of energy coming your way in the

consciousness expansion is all about Intention. We walk around without any intention. What are your intentions when you wake up? This new vibration is a higher vibration moving us into almost instantaneous manifestation. You might be noticing this in your own life. You think, and it shows up. You feel, and it shows up. The Law of Attraction. It's about what your drawing in every moment of your experience. Through the Law of Harmonic Resonance, like attracts like at the quantum level. *Your intention creates a void, and nature fills every void with something. Create an intention and nature will fill that void. Create an intention of Love and Love will show up.* If you have no intention, nature will fill that space. That void will be filled with all sorts of things. Have clarity of intention.

Keep your vibe positive. When you feel negativity, love it, because nothing can match that vibration of love. It is the creative force of the universe. The photon is of love. *You are all not light beings, you are love beings. You are not just light workers, you are love workers.* You are love at work and light at work. It is one in the same.

*One love. The Cosmos.*

*"You  
are love at  
work and light at  
work.  
It is one in the  
same." -NEO*



# TRANSFORMATIVE ART

A monthly exploration in why art matters By JONESY



photo by Kevin E. Quinn  
www.myalchemyink.com

## WORD TREE HEALING

*I believe in the power of art to help heal and transform lives.*

*- Shannon Willow*

The word trees offer a gentle healing and ask us to step into our full power through the visual of art. My art transforms people as I watched my healing tree paintings reconnect my clients with people they love or memorialize those who have left the planet. Whether a personal soul's journey tree, a union or love tree, a memorial tree or a family tree, my art serves the people to come back to truth. ***The truth that love never ends and we are all connected to one another and all things in our natural world.*** My paintings and art serve community and I have a responsibility to continue my calling and share this work. I am grateful for each moment I am able to answer this call. Art transforms people and community, and has an extraordinary way to connect and heal people.

Thank you for supporting the arts and understanding the value it brings to you and our community. I will be hosting my 7th Annual Holiday Open Studio December 3 & 4. Everyone is welcome to attend. I am also participating in 2 exciting community projects that serve the people; #ColorATL and Moreland Murals project which is an all female mural project happening in the Little Five Points District in Spring 2017.

To find out more information on Shannon Willow, follow Shannon Willow Art on Facebook, ShannWillow22 on Instagram or #ShannonWillowArt. To see more of my art or inquire about a commission to assist you in healing, go to [www.ShannonWillowArt.com](http://www.ShannonWillowArt.com)

I am a deeply passionate, ritualistic artist who understands the value of art and what it brings to our world. ***My art reflects honoring our natural world and reverence for all living things, including ourselves.*** I have been professional painter for nearly 29 years and have used process to guide my development as an artist. Art reflects life, and practicing my passion and walking my talk creates a transparency in my spirituality and my art. Personal and professional development go hand in hand in my world and I seek to guide my clients in this practice of authenticity.

Although an oil painter at heart, mural painting is a powerful way to reach and engage community. I believe in the power of art to help heal and transform lives. I do mural team building with communities in the non-profit and corporate world. I have worked with hundreds of people in Clarkston, Decatur and Atlanta creating murals in community. Gathering people together to create something beautiful is a dynamic way to break down barriers and build communication. The connectivity

people experience while working on one of my community mural projects is a beautiful thing to witness. I am grateful that I can bring the power of inclusion and creativity together, and give this gift of mural team building and cohesiveness to those who are in need.

I also create oil paintings on canvas that are to raise awareness of your own soul's journey and our Mother Earth. I am a landscape painter and include my signature word trees in my paintings that present what the client is rooted in and possible challenges she or he may be facing in life. Words such as compassion, presence, laughter, joy, breath, willingness, love, kindness, Mother Earth, energy, dance, drum, sing and celebrate may serve as reminders to the clients to live more in joy and authenticity. The practice of being in the moment and breathing may wrap the trunk of the tree to help raise consciousness for the person's personal growth. ***We are ever evolving and changing, and these word tree paintings are timeless reminders of connection to authentic self.***





## 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)

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[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. 3535 Shallowford Rd. NE. Marietta, GA 30062. 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

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

## SUNDAY EVENINGS

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

## FOURTH SUNDAY

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

## TUESDAY

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

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

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

## WEDNESDAY

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

## WEDNESDAY

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

## 2ND FRIDAY

**SPIRIT COMMUNICATION** - 7:30 p.m. at Harmony Place Spiritual Center in Roswell. [www.meetup.com/PsychicAdventures](http://www.meetup.com/PsychicAdventures) Email: [mstulip@mindspring.com](mailto:mstulip@mindspring.com).

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

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

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**7:30 at The Self Discovery Center**

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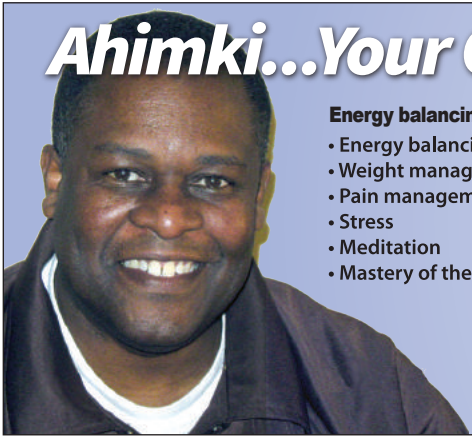
**Nov. 12 - Blue Spirit Wheel**  
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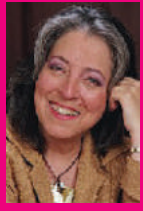
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