

November 2017/Scorpio

# AQUARIUS

*Exploring Life In the New Age*

## Why Gratitude?

Community Spotlight  
*Vista Yoga*

The Art of Aquarius  
*Tori Price*

A Course In Miracles  
*Laina Orlando*

### Featuring:

Ian Boccio  
Brenda Cobb  
Phoenix Lea  
Awilda Rivera  
Crystal Bates  
Janis Cohen  
Pat Green  
Diane Glynn  
Patty Paul  
Becky Arrington  
Ariel Rose  
Kathleen Robinson  
Nathanael Ivey

# AQ community spotlight



## Vista Yoga

## A Center For Community, Connection and Transformation

Marty and Marti Yura have been married for over 30 years. VISTA YOGA is their "4th" child, so it seems. It is truly a dream realized for (Ms) Marti, as she has had a vision for a sacred space to share the gifts of Yoga. (Mr) Marty has always been drawn to empowering people and has found Yoga to be the perfect medium to integrate both physical and spiritual well-being.

"We've designed one of Atlanta's first **Green Yoga** centers. Our finishes, our day-to-day operations, and our retail products were all chosen with sustainability in mind. We offer classes that go beyond physically focused exercise, where teacher and students explore the deeper dimensions of yoga as well. Our teachers strive to offer classes in a spirit of self-awareness and service, providing an authentic yoga experience."

"Our intention is to provide an environment where you can breathe deeply, strengthen and renew your body, and awaken your spirit. We offer a wide variety of classes, workshops and trainings. From beginner to advanced, from gentle to vigorous, you will be able to find the practice that is most appropriate for you at any given time. We are committed to providing safe, intelligent and fun yoga classes for people of all levels of experience."

Marti's journey has come full circle, from her first fitness studio in Charleston, SC in 1982, to the "birth" of Vista Yoga in Atlanta. Since 1979 her passion for physical and spiritual well-being has led her from teaching various forms of fitness, including personal training, to her discovery of Yoga in 1998.

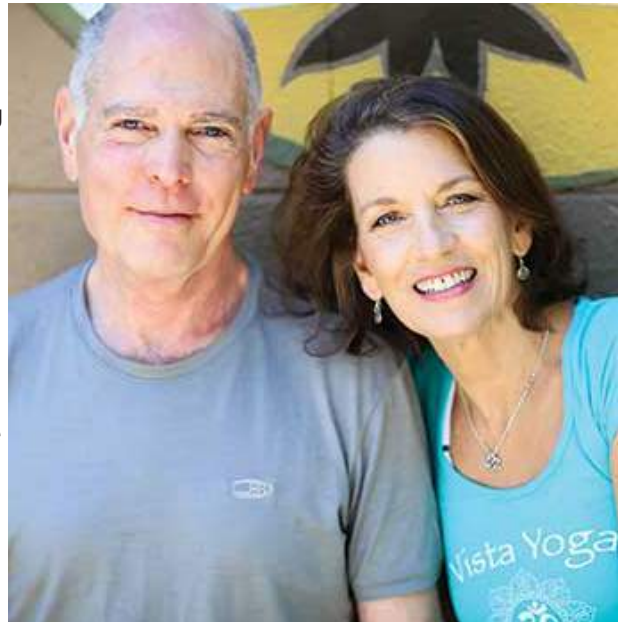
Both dynamic and therapeutic, Marti's classes are infused with a thorough understanding of the body, ancient wisdom, her nurturing spirit and a touch of humor.

She is a 500-hour ERYT (Experienced Registered Yoga Teacher) with Yoga Alliance. After studying with a wide variety of Yoga teachers, she has been studying extensively with Tias and Surya Little, of Prajna Yoga in Santa Fe, New Mexico, since 2008, achieving her 500-hour certification with them.

She is also trained in Thai Yoga Massage therapy.

Marty brings over 30 years experience working with individuals and groups in a wide variety of training environments. His talent is his ability to communicate precisely so that students understand and are able to implement. Applied to Yoga, this enables one to practice correctly, learning and improving in a structured environment.

"I've always been involved in the empowerment of people. It was usually in the domain of having them discover possibilities for themselves that they weren't able to see before. After beginning to practice Yoga with some regularity, I realized that I was able to quiet my mind and focus on what was going on right now, without the distractions that seemed to often accompany whatever it was that I was doing. My commitment is to provide people with the possibility of what Yoga can be for them."



Marty completed his initial 200-hour Registered Yoga Teacher Certification from Peachtree Yoga Center, as well as another 200-hour RYT Certification from Prajna Yoga in Santa Fe, NM. He is a 200-hour ERYT and is currently studying with Tias Little for his 500-hour certification. He has an MA and BA in Psychology from California State University and UCLA. He has studied Mindful-Based Stress Reduction at the University of Massachusetts Medical School and offers such programs to organizations. He has also been trained in Mindful Yoga Therapy for veterans with post-traumatic stress, and currently teaches at the Emory Healthcare Veterans Program. Marty also offers "Yoga Coaching for Life" as a one-on-one program at Vista Yoga.

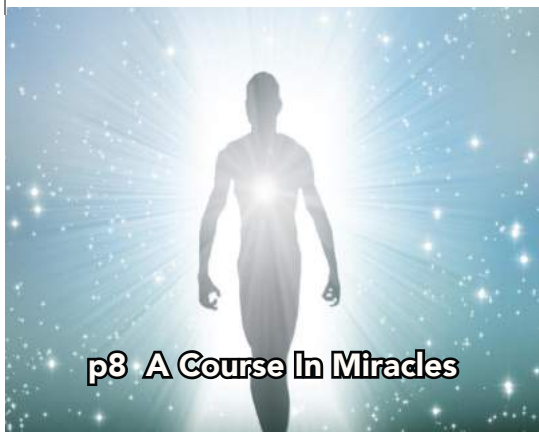
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# AQUARIUS

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## Inside AQ...

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## THIS MONTH

November 2017

All around us is the chaos of transition, from one energetic age to another. Two choices are available to us as we live - we can choose bitterness/anger/conflict or we can choose gratitude. One leads to love, courage, peace...and joy. Can you guess which one? This month, we celebrate the power of gratitude as we explore all the ways it can make a life meaningful and powerful.



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# the age of AQUARIUS

Ian Boccio

The symbol for the zodiac sign Pisces is two fish, whose curving bodies form a circle. In our examination of the Piscean age, we have discovered that the two fish represent the two greatest influences on the astrological era which we are now passing out of. The first fish represents monotheism, as we have already seen, while the second fish represents the rise of science, both as an institution and as a way of perceiving and conceptualizing reality. Monotheism has been a constant, significant influence throughout the Piscean age, which is said to have begun with the birth of Jesus. In contrast, science, as we know it today, began to gain influence during the second half of the era, but with the spectacular success of technological innovations, the ascent of science has been meteoric.

Science is a method of acquiring knowledge that operates on very specific principles, but beyond that, it is a belief that all of existence can be reduced to those same principles. In a very simplified way, we can say that the scientific method starts with an idea, a hypothesis, about how things work and a prediction about what the results of the hypothesis would be, followed by the design of experiments to see if those predictions are correct. If the results of the experiments can be repeated consistently, by anyone, then the hypothesis is considered to be truth (at least until another hypothesis discovers a way to disprove it).

During the Age of Aries, Classical Greece and Rome are thought to have set the foundations for everything we know of as science today. Back then, science was a

far more philosophical pursuit, since the technology did not exist to really dive into the structure of reality yet. Experiments in science revolve, for the most part, around measuring things. So as time went on more and more precise measuring devices (like telescopes) were needed to prove various hypotheses. It turned out that the devices needed to prove scientific theories were often useful for all kinds of other mundane tasks, and so the technological revolution began which would transform our world, for both better and worse.

The stream of scientific thought that has prevailed over the first 900 years of the last millennium has been largely mechanical, viewing the universe as a kind of clock-work machine that operates on logical principles that most of us take for granted today. The central figure of Piscean science is Isaac Newton, whose laws of thermodynamics form the basis of this machine-like reality. These concepts led humanity to the Industrial Revolution in the 18th and 19th centuries, which firmly established machine technology as a regular part of our experience.

Science and monotheistic religion have not gotten along well. The Christian church viewed science as a direct challenge to its supremacy in Europe. The Bible, viewed by Christians as the direct word of God, presented some very specific ideas about the world, which were being refuted by scientists like Johannes Kepler and Galileo Galilei, who dared to use the scientific method to refute Biblical dogma. The heresies of science were brutally punished, but eventually the products of science, which made life for the average human so

much easier, became too useful to deny. Science was here to stay, and growing stronger at an exponential rate. Some church philosophers, like Thomas Aquinas, attempted to reconcile faith and science, but the two have never truly been unified and continue to exist in an uneasy cease-fire to this day.

Ironically, science itself has been affected by the power of monotheism. Among many scientists, there is a strong belief that the scientific method is the only way to understand reality, and that only objective facts are true. This new, scientific orthodoxy has led to a fundamental devaluing of faith, as well as any aspects of human existence that can not be measured and quantified, which is not too different from the way in which the monotheists claim that their god is the only god, and that all others are false.



*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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## The Namaste Affirmation

"i believe in the sacred worth of every person  
young, old, rich, poor, male, female  
black, white, liberal, conservative, republican, democrat  
gay, straight, atheist, christian, muslim, jew.

every human who has ever lived is unique,  
there will never be another...  
that is why i believe in the sacred worth of every human.

Namaste!  
Live it...Every day!"

# why gratitude?

**Don Martin**  
**Publisher**

There are two basic approaches to life: bitterness, or gratitude.

Life is crazy, it is confusing and it is filled with pain and suffering. No one gets out alive, and while in it, pain and suffering will happen.

We are living in a time when incredible extremes are standard operating procedure. We have exploited the planet's resources (almost to the point of destroying the ecosystem of the planet, and certainly damaging it in the long term)...only to create the most opulence, creature comforts, food and pleasure in the long history of the human race. On the other hand, homelessness, hunger, poverty and disease are also more prevalent today than at any time history (with the exception of the plague years).

In our nation, extremes of poverty and wealth, white privilege and systemic racism, moral arrogance and judgement are tearing the social fabric apart. And yet we have greater access to knowledge, resources, comforts and social relationships than ever before.

So what gives? Why in the world are we apparently choosing bitterness over gratitude, anger over love, conflict over peace?

Part of the reason is because we are in the chaotic and turbulent period of transition from the age of Pisces to the age of Aquarius. Just as the transition from low pressure to high pressure will bring violent storms, so the transition from one energetic age to another will create violent and chaotic human dynamics.

Old power structures, notably the patriarchy that has ruled the world for 2500 years,

are crumbling. "Make America Great Again" is a slogan designed to resist the dawning of a New Age, and to return to the power structures and patriarchal values of the old age.

The old age patriarchs and power brokers know the times are changing, and they will not give up without a fight. So, they use media, entertainment and politics to rile people up, create fear, anger and a sense of moral outrage, knowing that the populace - unable to effect change in the upper level elites - will turn against each other.

Add to that fire the very human frustration that comes with living in a world beset with fear, and it becomes obvious why we



choose bitterness over gratitude, anger over love and conflict over peace.

There is no question that gratitude is a choice. For many, it is hard to be grateful when pain, suffering, loss and fear dominate their lives.

But, there is always some person who has suffered greatly from disease, or violence, or loss...and yet they choose to be grateful for the life they do have, or to the people who supported them in dark times, or to the Universe for providing for them.

We take inspiration from these people, as we should. We see - because of their choice for gratitude - that it is possible to live a happy and fulfilled life, even in the midst of suffering.

And thus we understand that gratitude is perhaps the most powerful force on the planet. It is hard to defeat a person - or a nation - when gratitude is in the heart.

Today, many yearn to know how to break the cycles of fear, anger, violence and pain that they have known. There is much wisdom available to address any issue... but every answer begins in and must live in the heart.

And I would propose that gratitude - even more so than love - is the seed that grows into love, joy and freedom. Choosing to be grateful for the things, the people, the gifts, the love, the food...all that you DO have, is the way to experience the Light and Love that turns an empty and hurting heart into a full and happy heart.

Certainly...there is some one or some way you can express thanks and gratitude for some aspect of your life? As Kaitlyn Radel says in "Intentionology" (p. 16), what about beginning with your self? And Robyn notes in "tipi diaries" (p. 22) that the key to connecting with the beauty and the abundance that is around you is through gratitude.

November is the month of Thanksgiving. I encourage you to begin a process of gratitude in your life. Say "thank you" to someone; go outside and say "thank you" to the earth. Thank God. However you begin...begin. It is a life changing choice.



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# Picture The Road...From Here to There



Pat Green

I came from an abusive childhood. In my early teen years I discovered refuge with my grandparents. During that time I reconnected with my father who I had not seen since I was 4 years old. My father had served in the military during the Vietnam era. His post military life left him walking with a cane and wearing an eyepatch with debilitating pain and neurological issues until his death a few years ago. But there was more to him.

My father dove a taxi in Dallas when I was little. He was also an amazing photographer. His photos had appeared in newspapers, magazines, catalogues and even won some awards in galleries.

Christmas of 1983 I was visiting him in a small rural town in Texas. That day he gave me a Pentax K-1000, several rolls of film, a copy of a book called "The Joy Of Photography", and his old camera bag. Father and son would connect as he taught me how to use my first 35mm SLR camera. I discovered a new world. With wonder I would spend the entire day composing shots and then we would go into his closet and develop my first roll of black and white film. I was amazed to see my vision come to life. I could show the world how I saw the world. I had no voice from my abuse, but I had a way to tell my story. My hopes, my fears, my joy and my tears. My world. My message. My connection to not only my father, but myself.

I would become not just a photographer for my high school newspaper, but THE photographer for the paper. That would soon find myself following his footsteps

as my work started to appear in Chicago area newspapers, advertisements, and even some magazines. This life helped pay for college. I jokingly called it the Peter Parker Scholarship.

I went to Bible College and became a minister. I started professional ministry in 1992 and would walk away from it never to return in 2012. In that time the pro grade cameras were put away to be replaced by cheap point and shoots. When I left the ministry many things in my world changed.

My marriage of 16 years crumbled. I lost virtually every penny I had to my name. My son came out as transgender and supporting him as he is cost me a lot (I would not change a thing there. Anyone who cannot accept my son as he is cannot be part of my life). My religious beliefs deconstructed to rubble while I was driving a taxi in the dark night streets of Joliet, Illinois.

I had almost everything that meant anything to me taken away. I had nothing left. One night while I was a taxi driver I was fishing through some boxes in my rented storage facility. I was behind in the storage and I knew it was going to be locked up and my property would be auctioned soon. I was rummaging through it to decide what I could fit in the trunk of my taxi to keep. I found my Pentax still in my dad's camera bag. On my way home I stopped off at a Walmart and bought a cheap tripod and a roll of film. When I got home I gingerly cleaned my camera the way my father had shown me 30 years ago

to the month at that point.

The next evening I parked my taxi during a slow time in a parking lot that had mist, shining neon from a movie theater, and a bookstore. I stepped away from the taxi, set up the tripod, composed my shot, sep my aperture, ISO, and shutter-speed on my camera, and took 2 shots of the taxi. I then spent the next few nights driving around the city of Joliet to places that I knew and found compelling. I was taking urban landscapes in the dead of night. I had something in the darkness of the night that allowed me to see light again.

After 3 years working for the taxi company, I moved on to new jobs, but the camera was now part of my DNA. Jobs ended, relationships started and ended. Life had ups and downs and lessons and though

it all, the camera was at my side. I documented my hopes and my fears and my pain. The camera was my catharsis and my beauty.

I found myself in a relationship with an architect

who had ties with one of the most prestigious art communities in the world. She found my photography not only compelling, she felt it was artistic. She taught me how to network and educated me on the world of art. The relationship did not last, but the lessons and her friendship remain to this day.

*"my pleasure and his pain met in one moment and we were forever connected..."*

Keep Reading Next Page >

I entered my first gallery opening with two pieces because of her influence and encouragement. Next thing I knew my work was in a gallery catalogue and in a real art and gallery. Within minutes of the opening a man connected with one of my pieces. The shot for me was catharsis and mourning of a relationship that had ended. The shot for him reminded him of the beginning of his relationship with his wife. My pleasure and his pain met in one moment, and we were forever connected as, with tears in his eyes, he handed me \$90 and I sold my first work of fine art photography. I was now an artist. I always had been, but it was official. My world was changing.

A few months later I was a charity art show raising funds for a group that helped and housed minors who would otherwise be homeless without their aid. The group had a dilapidated playground. Art helped fund the rebuilding and replacing of aged equipment.

I met another artist while there. Her and I immediately became friends. In short time that friendship would become artistic collaboration. Then, romance. Now we are engaged and known entities in 3 local art communities and one international art community as "partners in crime".

My spiritual practices are unconventional. Creating fine art and conceptual art photography is my Zen meditation. My art is my koans and my prayers. Art galleries and pop up shows are my temples. Fellow artists are my Sangha. Mu Sikkha is the connection I have with my fiancée, my son, and people who connect with my art.

This is one of my spiritual practices. The camera has given me a new sense of a very unconventional divine. A divine with no need for a deity.



**Pat Green** is an artist and art sales consultant and writes an online column for *Patheos*, and is the author of *Night Moves*, published by Aquarius Press. He lives in the Chicago area. He is a former pastor, youth advocate, spiritual counselor, and taxi driver.



Most people know it's good to be grateful, but many don't understand what gratitude really does for us.

Expressing gratitude instantly shifts your energy. It puts you in harmony with your source of supply so that the good in everything moves toward you.

I like the way Wallace Wattles puts it in "The Science of Getting Rich." He said, "The grateful mind is constantly fixed upon the best. Therefore, it tends to become the best; it takes the form or character of the best and will receive the best."

Many people express gratitude first thing in the morning or before going to bed at night. Well, here's another time to express it: whenever you feel overwhelmed with problems.

You see, if you have challenges in your life that are dominating your thinking—a shortage of money, a business problem, a relationship problem—you will have a tendency to focus on the problem. And by doing that, you add energy to the problem. And then the problem grows.

The next time things don't seem to be going your way, just stop what you're doing, and think about all of the things you have to be grateful for. I know that's a pretty tall order, but if you do it, everything will start to shift in an instant. Just like snapping your fingers. When you change the way you look at the problems, the problems will change.

I gave Sandy similar advice a while back...

I had done a seminar in Phoenix and Sandy was going through a rough time in her life. I was leaving town and she asked if we could grab a cup of coffee before I flew out.

So we went to a coffee shop, and she asked if I could give her a few ideas to help her maintain a positive attitude. I said sure, and then I picked up a napkin and grabbed a pen. On the top of the napkin, I wrote: Every morning think of ten things that you are grateful for.

Then, I said, "When you get finished writing the ten things down, send love to three people who are bothering you."

Now most people have difficulty doing that. If someone is really bothering them, they send bad energy to that person. Don't do that, send love to them—not for the other person's sake, but for yours. Sending love puts you in a wonderful vibration that will attract good things to you.

The third thing I told Sandy to do was to be quiet for five minutes and ask for guidance for the day.

Sandy wasn't sure that it would work, but she did it anyway—and it worked. I knew it would work because gratitude shifts our energy to what's good, and that attracts more of what you want.

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*Nothing Real can be threatened. Nothing unreal exists.  
Herein lies the peace of God.  
—A Course In Miracles*

This is the first of a six-part series of articles designed to introduce you to A Course In Miracles. I jumped for joy at this opportunity because the time is ripe for seasoned students of metaphysics and esoteric knowledge, to dive into the deep-end of the Spiritual pool. A Course In Miracles (ACIM), if you allow it, is the deep-end that unravels all illusions, including the spirituality, death and sickness, by cleansing the mind of all blocks to God's Truth.

Within ACIM is contained the simplest of explanations, and yet the most profound teachings I've ever encountered, which when sincerely applied offer the learner complete liberation from all suffering. This is not a hopeful promise, this is the intended result.

I came to know about A Course In Miracles (ACIM) when several participants in my workshop, The Power of Awareness, asked if my work was based on ACIM because the focus of my teachings is a simple 4 step process for shifting from fear and lifting to love. This happened between 2007 and 2008. At that time, I was not familiar with the ACIM teachings, but I was aware that Marianne Williamson had written A Return to Love, her best-selling book based on ACIM.

Needless to say, the ongoing comparisons between my work and ACIM piqued my in-

terest; I purchased A Course In Miracles in 2008. Although eager to read it, I was not able to get past the first few pages before the words Holy Spirit, God, Atonement, and Salvation, among others, began to activate the emotional wounds I experienced through my Catholic upbringing, which my spiritual journey was attempting to heal.

In December 2011, for the long flight on a trip to Vienna, I decided to take along a nice thick book and I selected The Disappearance of the Universe, by Gary R. Renard, because the title piqued my interest. At this point in my spiritual journey I had experienced seven years of intense workshops, many modalities of processing my childhood wounds, various types of readings, chantings, healing sessions, and had several profound Kundalini experiences that had open me to receive Truth, under my spiritual seeker's belt. Plus, I was teaching The Power of Awareness, coaching many clients and had a growing following at my Center for Awareness, so I considered myself awake. I had arrived—or so I thought.

Within the first few pages of The Disappearance of the Universe I was hooked, and it didn't take me long to realize that this book was about A Course In Miracles. Imagine my surprise! As beautiful and inviting as Vienna is, I decided to spend most of my time in the hotel room devouring the book that offered me a proper introduction to ACIM. Immediately upon my return to Atlanta, on December 10th, I began to read the Course, and within two weeks I had devoured it cover to cover. My life has never been the same... thank God!

The Course had me at: "Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God." And the peace of God, which passes all understanding, was exactly what I had been seeking. It was what many of my mystical, or "white light" moments had allowed me to experience, thus far, but not sustain. These profound words lifted the veil further, and I was able to glimpse Awakening in a more spiritually mature and logical way. And thus, began my daily communion with the Course, and with its author: Jesus.

Because I had experienced several encounters with Jesus, over the previous seven years, including the time I received The Power of Awareness (POA) workshop, I was very comfortable with the essence of ACIM, which like The POA teaches all we need do, to be happy, healthy and free, is shift our perception from fear to love!

In essence, shifting from fear to love has been the consistent message in almost all of the spiritual teachings I have followed. However, it wasn't until I delved into A Course In Miracles that I completely understood that fear is not even real—seriously, it doesn't exist—so we need not actually shift out of it! How ACIM teaches this makes it possible for the illusion of fear and separation to completely dissolve.

All metaphysical teachings that speak of dark energies or evil entities are simply not true, and in today's energetic climate, which is supporting humanities awakening, we must embrace the Truth that nothing unreal exists to fully ascend humanity's consciousness.

*Keep Reading Next Page >*



This revelation was quite shocking since the bulk of my spiritual training had prepared me to overcome, or protect myself from, the darkness and all of its malevolent entities. Because we humans have the perception that fear is real, we must still work through those energies, but not in the old ways I had learned.

As I moved through the ACIM short introduction I came upon these words: "The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite." In an instant, everything about the Course made sense, and the unreality of fear was revealed.

Something deep within my being knew that this was the exact piece I needed to dissolve the very thing that blocked me from fully abiding in the awakened state: my spiritual/metaphysical ego. I can assure you that this realization hit me almost as hard as discovering I had spent forty-one years of my life completely unaware of the Truth that sets us free. Now, thanks to ACIM, I was ready to ascend my consciousness to know and see life through the eyes of the Creator of All That Is!

I look forward to sharing more about A Course in Miracles in next month's publication.



*Inspired by her own awakening, Laina Orlando simplifies spirituality so it's easy to understand and practical to apply in everyday life. Her mantra is: "Life is fun and easy!" Laina is an author, speaker, Awareness Coach, A Course In Miracles teacher/student, and creator of The Power of Awareness program and The Awareness Academy.*

The Moon is my Lighthouse  
 When the winds of change Come blowing your way  
 Do you put up a sail  
 Or hide in your clay  
 Do you ripple across  
 The waters that furl  
 Do you mix in the grain  
 Alive in the burl  
 Waxing and waning  
 Weaving growth with decay Honing and howling  
 At the moon with a bay  
 Do you scream at the lighthouse  
 For being too far away  
 Or do you follow the reflection  
 Knowing Lights on the way  
 I have not come directly  
 I have meandered aimlessly And this path of perceived  
 imperfection  
 Is exactly what is meant to be  
 For I have found in being lost That lost is key to being found  
 The Moon it is my lighthouse A beacon for where I'm bound  
 For it is in reflection of the  
 Light  
 That spirit mirrors me to me Shining deeper in the Darkness  
 To the darkest parts of me  
 And as I bathe them in awareness  
 My shadows free in streams of Light  
 And what was once my ignorance  
 Becomes a teacher over night.

*Michael Murphy Burke*



# YOGA: Under the Bodhi Tree

## By Awilda Rivera



Do you know the difference between a Yoga Instructor & a Yoga Teacher? If you are sitting there scratching your head, worried that you are splitting hairs then you are like most people who would respond: "Aren't they the same thing?" This is an honest misconception.

In early September I had the pleasure of attending a workshop with Rina Jackubowicz at the South East Yoga conference. At the beginning of the session she asked, "Are you a Yoga Teacher or a Yoga Instructor?" Having been giving these two concepts much thought over the last several weeks, it was music to my ears to hear someone of her stature address this phenomena openly at the conference. She went on to say, "An instructor is mechanical, disconnected.... A Teacher is engaged, focused and studied on the subject matter."

Ms. Jackubowicz gives us an excellent metric to assess if we are attending a Yoga Class with a Teacher or instructor. For example, have you ever been to a yoga studio where the person leading the class never leaves their mat, turns their back to the class for an extended period of time, or spends time staring down at their phone swiping right? These could easily be categorized as obvious acts of disconnectedness. Similarly, have you ever attended a Yoga class where the transitions were rough, and the person leading the session seemed to be rattling off poses with out regard for the students present? If so, then you have definitely experienced Mechanical instruction. Instruction operates in a space where the Service provider can be both disconnected from their students, and deliver the subject matter in a mechanical form with out consideration for the student's abilities or physicality.

A Yoga Teacher is not only a dedicated student of Yoga Philosophy, but also is dedicated to their own Yoga practice. A Teacher is someone who is not only focused on delivering a sequence of poses with smooth transitions, but is also making sure to keep eyes on each person while they practice so that she can offer modifications when necessary. Since Yoga Teachers are also students of yoga philosophy, they make a specific effort to share the philosophy with their students during class. They are not Yoga evangelist, instead they are open and generous with their knowledge about the fundamental philosophical teachings of Yoga. In other words they are comfortable sharing the Dharma and its teachings with anyone that is in their presence.

The truth is Yoga is not exercise. Yoga can best be described as life practice that serves to help clear the mind, empower the spirit and refine the body. The practice of Yoga only has one aspect which involves movement (asana), the by product of which is physical health. Therefore, the person who delivers Yoga as Instruction is not only doing their students a disservice but they are also misrepresenting this ancient life practice – even if they are doing so unintentionally.

There are A LOT of Yoga Instructors out there. Honestly, we all start out as instructors because we have neither the experiential hours nor the expert knowledge that comes from an established home practice and extensive study of the philosophy. Therefore every program churning out 200 hour certified Yogis, are all graduating Yoga Instructors. You have to choose to be a Yoga Teacher.

A teacher chooses to deepen their understanding of themselves and the life practice of Yoga. Yoga Teachers are not perfect by any means. In fact, they are often quick to admit their flaws in a compassionate way, especially if a student in need can relate. They are concerned with safety and well being of their students, as well as their personal and spiritual growth. They are not trying to get you to be like them, they want you to embrace being you. They are not afraid to come to you mat during class if they see you struggling to offer assistance or verbal adjustments. They are engaged, attentive, and focused on you as a student.

They are knowledgeable about Yoga philosophy and can help to direct you to resources to help you deepen your practice. Most of all they really know their craft, because they study it.

As for me, I am a Yoga Teacher. At the beginning of my journey I was a yoga instructor. I made a choice to dig deeper, to make Yoga part of how I live rather than a profession I do. I do not feel negatively towards Instructors, I simply want to give you all a clear understanding of the difference between the two. There may be some of you who read this and say, "I have an instructor, I love it and that's all I desire". Others may say, "Wow, I want to experience what a Yoga Teacher is like," or "Dang I knew my Yoga Teacher was awesome but now I understand why."

Whether you prefer a Yoga Instructor or a Yoga Teacher, is up to you. My hope is that each of you know has enough information to be able to make an informed decision.





What an amazing city we live in! Atlanta is complex, exciting and abundant with people from all over the world. Moonlighting as an Uber driver gives me full view to the vastness of our city as well as the diversity of its inhabitants. Scenic in all of its architectural glory and profoundly rich in culture and the expression of it!

Recently picking up riders from ITP, I met a ten year old girl and her mother who were coming from a fundraising dinner. The mother was explaining that it was her daughters first time wearing a pair of high-heels for this special night. When I asked what the occasion was, the girl replied "I have diabetes, and my friend organized a nonprofit for me." This little ten year old girl took the mic that night and raised thirteen thousand dollars in 10 minutes for her cause! Wow. I was totally blown away with her confidence and connection to her community thru this experience.

One afternoon I met a man from India who came to ATL for work in the IT field. He was also looking for a mate but not having much success with online dating, he was considering his parents suggestion of an arranged marriage. Then I met a young man from South Africa. He was kind, polite and inquisitive. He asked me how my day was and I told him that my best friend's mother died and I had just come from the memorial. He asked her name and I told him, "Mary". As we had about a twenty minute ride together I became impressed with his ability to connect with me. He told me that his father had just died three months ago and he was unable to return home to say goodbye. We exchanged sympathies and encouraged one another with best wishes.

These experiences keep me ever present to the colors and hues of our city and how we really are collectively knit together. Even when I pull too far out at a traffic light as it abruptly turns red on me. Finding myself embarrassed and stuck blocking traffic, as outraged drivers pass me shaking their fingers and mouthing words that I am quite glad I can not hear...we are still one.

You have heard the saying "perception is reality" right? Well as this woman (who's position was the in back seat of a minivan that was three cars behind the first car through the light) came across my view she was screaming and pointing at me. My thought immediately was "how could she possibly 'judge' me or the situation with a correct perception?" She had no way of knowing that a very large city bus had cut across the lane in the middle of the light and the car in front of me, leaving me and the car behind me in the intersection. Yet, full of anger she let me know just what she was feeling/perceiving and it was up to me to not take it personally.

Fortunately there were two riders with me who also experienced my bewilderment at her reaction and I was able to respond in peace. It took me about an hour to shake the image of her face so distorted by anger and her shaking pointing finger from my mind. We are still one.

Our November Still Point is RELAX. Life is for us!! No matter our circumstances we can find peace of mind and a rest in trust. Even in traffic and congestion in life with its road blocks and detours our spirit calls us to gain a higher perspective of ourselves, others and the situation.

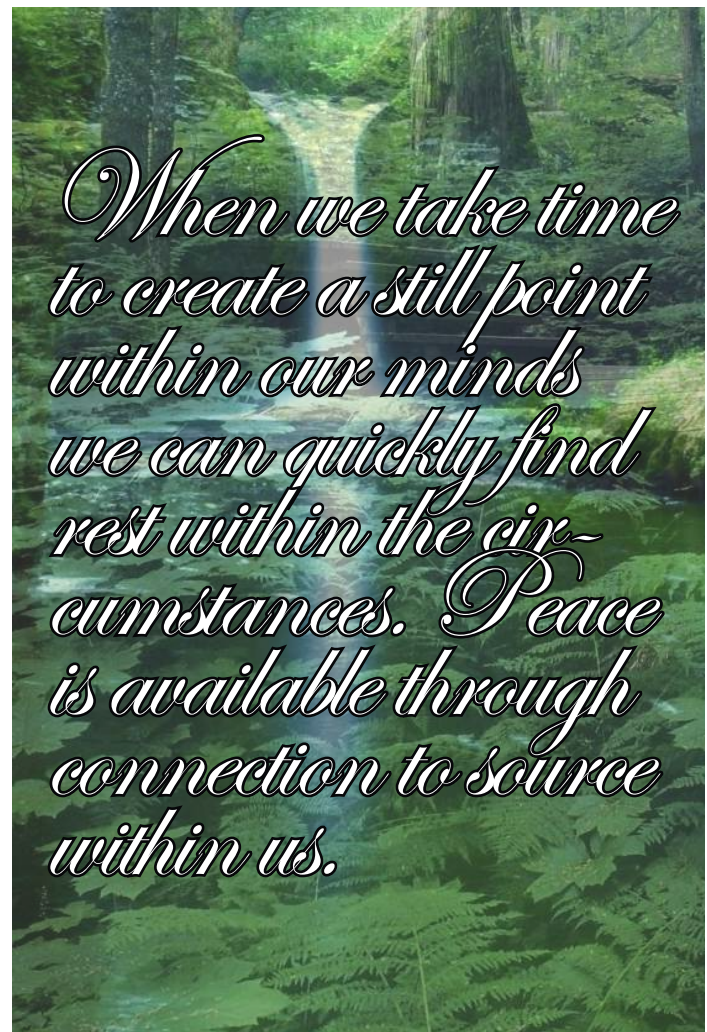
Sit in a quiet place. Take your left hand and place it on your heart, drop down into your heart and FEEL what the mind can not process. E=emotion. Energy in motion. Our emotions are vital to this co-creating world we live in. When we feed our thoughts peace, joy and thoughtfulness we tend to allow others the same. But when our emotions are imbalanced or repressed our energy can go unconscious and therefore our behaviors may also become unconscious.



When we take time to create a still point within our minds we can quickly find rest within the circumstances. Peace is available through connection to source within us. We call this being centered and that is exactly what it feels like. Scripture says it this way, "be like a tree planted by waters, you shall not be greatly moved". Meditation is such a state of being where the thoughts go on "inactive" status. Like the calm waters they just flow and you begin to perceive yourself with spirit and emotions calm and feeling nurtured. In this centering there is no need or want because you perceive yourself as everything. All is the one and the one is the all.

May peace occupy your heart and mind as we invite love, joy and forgiveness into our emotions to heal. Be safe and remember to be patient when you can't see beyond the traffic light or around the bend. Trust that you are always safe and protected!

Namaste,  
Phoenix Lea  
2017



# horoscope

Scorpio

October 23 - November 21

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## ♏ Scorpio (October 23 - November 22)

Happy Birthday Scorpio! Your energy this month is expansive and future focused. Jupiter's presence in your sign broadens your horizons and gives greater vision of what you want to achieve. Relationships can be fulfilling as long as you avoid jealousy or the desire to control your partner. Work projects are best handled from home as it helps you to avoid distraction and focus on quality. Take time to manage your finances for the future and keep spending simple for now.

## ♐ Sagittarius (November 23 - December 21)

November is a month of spiritual reflection and personal growth. You will be more sensitive now than any other time of the year and deserve rest and space to release old feelings and refresh your soul. Jupiter's year-long journey in Scorpio is set to expand your psyche and open up your intuitive abilities. Write down or make mental notes of how you'd like to connect with the world-consciousness and create partnerships that are focused on healing the planet.

## ♑ Capricorn (December 22 - January 19)

Joining large groups and being out in the world to connect with others will be your focus this month. You will feel social and have an easy time connecting with others who are on your intellectual wave-length. It's a good time to absorb information and ideas, but you may be secretive or reflective about sharing your deeper feelings. Don't rush, you will know when the timing is right to open up to others. Your energy at work is strong and direct - just be careful to avoid power struggles and use diplomacy on the job.

## ♒ Aquarius (January 20 - February 18)

You may feel a little out of sorts this month as the secretive sign of Scorpio poses a challenge to your open-minded attitude. You have no need for power-struggles or intrigues and prefer to put all your cards on the table. Your public image will shine now and you can gain recognition at work - even if you don't want it. This could be the right time to take a vacation or weekend away to relax and clear your mind. Focus on your future goals and what is required to manifest them.

## ♓ Pisces (February 19 - March 20)

The energy of Scorpio this month brings an air of mystery and melancholy - just the thing to spark your sense of romance and adventure! You will feel energized to explore new subjects of study, take a vacation you've been dreaming of, or re-ignite an interest in an old spiritual path. Whatever you choose, make sure it resonates with your higher purpose and fills you with a sense of fulfillment. It's also your choice to go it alone or bring along a trusted friend for the ride!

## ♈ Aries (March 21 - April 19)

The influence of Scorpio has a profound effect on your emotions and psyche. You may feel more introverted than usual and will need time to reflect and meditate on the deeper aspects of your personality. Relationships could be tense and carry an element of passive aggression. You want to be the peace-maker but don't do it at the expense of speaking the truth, even if it causes an argument. Cultivation of your spiritual life is favored and you can make more progress than usual in mystical subjects.

## ♉ Taurus (April 20 - May 20)

November is a balancing act for the Bull, as you will be working to harmonize the different sides of your personality. This tight-rope walk extends to your friends and loved ones, as you may see the 'dark' side of their personalities emerge as well. This can be a very revealing time which can make you aware of your inner drives and how you persuade or manipulate others. This is challenging but brings great rewards of personal awareness that ultimately create greater peace and harmony.

## ♊ Gemini (May 21 - June 21)

The intense, heavy mood of Scorpio can be a real downer for light and airy Gemini this month. You'll need to focus your energy on creative projects where you can use lots of color and lift your spirits. Communications will go best if you can aim to see things from the other person's point of view. Don't be too forceful in your efforts make everyone get along - sometimes friction is an important ingredient to get people motivated and energized.

## ♋ Cancer (June 22 - July 22)

The watery depths of Scorpio have a positive effect on the Crab. You're at home in the realms of emotion and feeling and can easily navigate these shifting moods. While most people will feel more introverted and secretive, you will likely feel the opposite. You'll be open-hearted and generous, interested in creative activities, the arts, movies and music. Home and family life could be challenging this month and require a careful balance of patience and maturity.

## ♌ Leo (July 23 - August 22)

The dark month of November is a challenge for sunny Leo, who prefers the warmth and light of Summer. Enjoying time spent at home with some candles or a cozy fireplace may be your best option. You may also grow in positive ways by spending some time alone to reflect on your deeper emotions and release negative tension. Learning something new or adding fresh creative spark to an old project can be a source of joy and intellectual adventures.

## ♍ Virgo (August 23 - September 22)

Your intellect will be activated and communications will come easily to you during the month of November. The deep psychological realm of Scorpio can have a cathartic effect on your emotions that is profoundly healing. You can use your mental prowess to enjoy light humorous conversations with friends or do some true soul searching with a counselor or therapist. Loved ones may reveal secrets to you, so be gracious and caring as possible with the information. This is also a great month to balance your finances and keep resources running smoothly.

## ♎ Libra (September 23 - October 22)

November will have you balancing finances and practical matters as you review the year and look toward the future. Your personal energy is high and you will be direct and somewhat demanding in social interactions. You could be so focused on making progress and revealing hidden motives that you create arguments or conflict. However, if you've been overly accommodating it could be the perfect time to stand up for yourself. Speak the truth with integrity while making sure to be diplomatic as possible.

# Welcome fellow Stargazers!

The deep, dark and mysterious month of November is upon us! We are entering the world of Scorpio, the 8th and most powerful sign of the zodiac. This power comes from their strong alignment with human psychology and the ability to embody the best or worst of human nature. Scorpio is a black or white being and there is very little gray or middle ground. They love or hate and commit all the way or fully dismiss. Their emotional waters run very deep and they only completely trust a select few. They are famous for taking revenge on those who hurt or wrong them and are prone to suspicion, jealousy and emotional harshness. The more evolved Scorpio personality understands that revenge exacts a price they aren't willing to pay. Over time, they learn to reign in their stingers and realize their jabs are even more painful to themselves than to the person they attacked. Subtle yet intense, passionate about what they love or hate, it's no wonder this sign has a major reputation. You will find no greater friend or more formidable foe than the infamous Scorpio.

This month brings us an intense combination of the Sun, Venus and Jupiter all in Scorpio from the 8th to the 22nd. It's time to reflect and work to access our deeper emotions and psychological reasons for our behavior in relationships. Venus has a tough time expressing itself in Scorpio and can act out through jealousy, suspicion or manipulation. Make an effort to stay calm and seek balance. Scorpio tends toward extremes and can lead a more powerful and content life by seeking the middle ground. Counseling and therapy can be key for healing the psyche and understanding yourself and others.

Our Full Moon arrives early on Saturday the 4th at 1:23am EST in the sign of Taurus. This is a fertile Full Moon cycle for grounding, stability, planting new ideas and taking account of resources. This is a great day to write down plans for both saving and spending money. Pay attention to areas where you feel shaky or unstable and be open to healing them. The New Moon cycle will begin on Saturday 18th at 6:42am EST in the sign of Scorpio. This combination triggers a 2-week phase of great spiritual and psychological growth. Be open to exploring the darker sides of your personality and be willing to change and transform old patterns.

# Kathleen Robinson

## Legacy Of The Divine Tarot

### November 2017



**KNIGHT OF CUPS:** This is a month when others may need kindness and support, so do your best to be aware of the feelings of others. It may be good for you to simply be a good listener, show compassion, and in general just be there when a friend or another needs you. If there is a tendency to go overboard in expressing your own emotions, show a little restraint, as balancing how you feel is important now. Be generous of your time if others seek you out to "bend your ear" about something that is important to them, even though it may be a boring topic for you. Showing goodwill towards others now is important.



**PAGE OF WANDS:** Taking beginning steps to work toward something that you believe in and have a true interest in may be called for now. You may be inspired by the incipient flames of motivation to make the world a better place, perhaps merely by doing small actions that could lead to wonderful results. You may not know where your path with this leads, but just start doing something that pleases you and that you enjoy. Discontinue things you may have been doing for a while but simply are no longer pleasant for you. There is no need to put yourself in positions that have become uncomfortable. Now is the time to start doing what you want to do, not just because you think you are "supposed" to be doing what you have already been doing.



**PAGE OF COINS (PENTACLES):** Taking these little steps that the Page of Wands is encouraging you to take can help you become more self-confident and sure of yourself if this has been an issue for you. Look at the areas of your life where you would like to see some changes—is it your health, your financial situation, your home life, or perhaps just wanting to feel more secure about your life in general? If so, you can begin today to make small, perhaps even subtle changes that can change your whole energy level. So stop daydreaming, work with what you have, and take a practical but realistic approach to your own growth and expansion.



**DEATH:** We are living in a time of great change, chaos, and disharmony—all of which lead to transformation if we look for the positive in such situations. Change is happening all around us, as evidenced by the national and global events that are taking

place. Use this month to let the outward changes be a catalyst for you to make inner changes that can bring about a true transformation, perhaps what you have been seeking for a long time. Let some of your old ways die, especially if they have been the cause of sticking to a routine that is no longer helpful, or if they are encouraging you to remain imprisoned within your comfort zone. Don't look to others for your only source of assistance; remember your own power and ask the Universe/Source for guidance at this most important time. We are on the brink of something marvelous and wonderful, so release yourself from self-made barriers and feel the full effects of what is happening now.

**TRENDS FOR THE MONTH:** The main trend for November is to start taking steps to make your life better in some way. At the same time, you can help others by simply showing more attention to those who may need it or by being more compassionate and kind to whomever you meet. It is not necessary to go out of your way to be helpful, but those who cross your path may be there for a reason, presenting an opportunity for you to help yourself by helping others. The other trend deals with both inner and outer changes that are occurring for many now. We are aware of what is going on externally in the world, but have you looked at this as a sign that perhaps it is time to start making inner changes as well? Just small steps towards doing something different is all it takes.

*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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## Essential Oils

Brenda Cobb

Essential oils are wonderful medicines for the body, mind and spirit. They are a true gift from Mother Nature and the blood of the plants, flowers, roots and herbs they are derived from.

The benefits of essential oils can be obtained through inhalation, external application or with some oils, ingestion. When an essential oil fragrance is inhaled, the odor molecules travel up the nose where they are trapped by olfactory membranes. Each odor molecule fits like a little puzzle piece into specific receptor cells. When stimulated by odor molecules, the cells trigger electrical impulses to the olfactory bulb, which then transmits the impulses to the gustatory center where the sensation of taste is perceived, the amygdala, where emotional memories are stored, and other parts of the limbic system of the brain. Because the limbic system is directly connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance, essential oils can have some very profound physiological and psychological effects.

The sense of smell is the only one of the five senses directly linked to the limbic lobe of the brain, the emotional control center. Anxiety, depression, fear, anger, and joy all emanate from this region. This is why the scent of a special fragrance can evoke memories and emotions before we are even consciously aware of it. Where smells are concerned, we react first and think later. In contrast, all other senses, touch, taste, hearing, and sight, are routed through the thalamus, which acts as the switchboard for the brain, passing stimuli onto the cerebral cortex.

The limbic lobe can also directly activate the hypothalamus. The hypothalamus is one of the most important parts of the brain, acting as the hormonal control center. It releases chemical messengers that can affect everything from sex drive to energy levels. The production of growth hormones, sex hormones, thyroid hormones, and neurotransmitters, like serotonin, are all governed by the hypothalamus. This is why the hypothalamus is referred to as the "master gland."

Essential oils, through their fragrance and unique molecular structure, can

directly stimulate both the limbic lobe and the hypothalamus so essential oils can exert a profound effect on body and mind. Not only can inhalation of essential oils be used to combat stress and emotional trauma, but they can also stimulate the production of hormones from the hypothalamus that can result in increased thyroid hormone, our energy hormone, and growth hormone, our youth and longevity hormone.

Essential oil fragrances, including peppermint, have been used to trigger significant weight losses in people who had previously been unsuccessful in any type of weight-management. Peppermint is also excellent for the relief of nausea and effective for irritable bowel syndrome. Lavender has a calming and sedative quality and is excellent to use on burns and insect bites. Tea Tree is a nonirritating antiseptic and is very useful in healing wounds and infections.

Topical application is one of the most effective means of using essential oils. The skin absorbs anything you put on it and within a few minutes, essential oils you have applied to the bottoms of your feet pass into the bloodstream and are transported to all the organs, glands and tissues. Essential oils enhance and raise the body's frequency, which can help in the healing process. Disease and emotional trauma have a negative frequency that can bring a body down. Essential oils have high frequencies, which elevate the body so it is able to prevent and heal disease from the inside out.

Essential oils are very concentrated so in most cases just a drop or two is all that is needed to get amazing results. Be sure that you are using completely pure, organic essential oils that have not been mixed and diluted so you can get the benefits. You may use the oils "neat" by putting them directly on the skin without blending them with diluting oils, or you may mix the oils with an organic vegetable oil. It is a much better value to purchase undiluted organic oils and then mix them with your own organic coconut or almond oil if you want to dilute them. Check with your essential oil specialist to determine the correct amounts and usages for children versus adults. Used correctly these powerful oils can be a wonderful addition to your health and wellness.

**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)



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# How to Stop Playing Small and Start Living Big

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



*"Most of us have two lives. The life we live and the unlive life within us."*

*~ Steven Pressfield*

What really holds you back from being seen and making your dreams come true? Why are you still hiding from the world?

Do you believe that if you show up fully people with dislike, reject, and leave you? Do you believe that you don't have what it takes to achieve all that you want to achieve? Do you believe that you aren't good enough to make your dreams come true? Are you afraid of failure and even more so, success?

What is the belief that keeps you from taking risks and achieving greatness?

I have played small for most of my life for a number of reasons. I was encouraged to make safe choices that would provide me with safety and security. I have been afraid of rejection and of public disapproval. I have held myself back many times in my life and in so many ways and it was all because of one thing: FEAR. I waited five years to take my licensure exam because I was afraid of failing. I lacked commitment to finishing my book because I believed that it had to be perfect before it was published. I actively avoided beginning my podcast because I was afraid to screw up when I put myself out there to be criticized. I still struggle when I want to do things that will take my life to the next level. But, I move forward- in spite of my fears.

I've learned a few things about playing bigger in my life.

1. The pain of playing small feels worse than doing the things that are scary. The fear of inadequacy is haunting and it can truly get in the way of doing the things that will improve our lives. There is beauty in facing and defying our fears; we become powerful. We realize that

it is close to criminal not to shine our light onto the world because someone can always benefit from our hard earned wisdom.

2. To truly fulfill my life purpose, I would have to do things that made me feel uncomfortable. I knew that for me to truly feel joy and fulfillment, I would have to challenge myself to defy my fears and my limiting beliefs about myself and my abilities; it is the only way to grow.

3. Every time that I took a risk to stand out, to show up, and to do the work, I was fully supported. Whenever I decided to take a leap of faith in my life, I surprisingly found support among friends, family and the community.

4. When I take risks, I pave the way for others to take risks. I am no different than the next person. No better and no worse. However, whenever I did something that scared me, someone was inspired to take action in their life. I became a beacon of hope, just as those who were beacons of hope for me. My mantra has become, "If they can do it, so can I, and so can you."

If you are someone who wants to play bigger in your life but feels scared, take a moment to consider the following:

1. **Mind Your Mind.** The words you use to describe yourself and your world have power. Thoughts become things and they can either propel you forward or bury you six feet under. Choose your words and thoughts wisely, for they can make the difference between taking your life to the next level or living with regret every day. Remember, wherever your focus goes energy flows. Be the guardian of your mind.

2. **The time is always NOW.** The more you put off taking action in the direction of your dreams, the more you

give your power away. Take massive action

today; even if your massive action is to do one thing right now, do it. It is never too late to move forward in the direction of your dreams. People change their lives all of the time. Do something NOW- anything- and the right people and the right opportunities will just show up.

3. **Understand The Law of Attraction.** If you're like most people, you spend a great deal of time dreaming about what you want and believing that you won't ever have it. And, chances are that you tend to focus on what you lack rather than on what exists for you. The Law of Attraction states that like attracts like. To do, be, and have what you want you must live your life as if what you want already exists. SEE your vision coming into reality and FEEL that reality in your entire body- every fiber and cell in your body. Practice this every day for 30 days and then see what shows up as a result.

4. **Give yourself permission to play big.** Nothing and no one holds you back from standing in your greatness. Not your parents, not your horrible ex, not your traumas, not your failures, and not your mistakes. You are who you are now because you have chosen to be THIS you in THIS moment. You can change your life with ONE decision in ONE moment. Decide that THIS moment will be a quintessential defining moment.

Your past will always be there to remind you of how amazing and resilient you are; even if you have encountered horrific obstacles. Be the light for others to follow. You can eliminate your fears as easily as you give them power. Take risks, take chances, and take hold of your dreams. Your destiny and the world awaits you.

*Janis R. Cohen, MSW, LCSW is internationally known as The Intuitive Therapist. With 26 years as a therapist, clairvoyant, empath and medium, Janis works with spiritually conscious people who struggle to make decisions and take actions. She helps them feel confident and certain about their decisions and live a fulfilling life. You can reach her at [www.janisrcohen.com](http://www.janisrcohen.com)*

When it comes to gratitude, there is no shortage of benefits it provides. Showing gratitude daily basis can result in you becoming more acutely aware of things to be grateful for. You may feel more alive, sleep better, and express more compassion and kindness. Without a doubt, gratitude is infinitely important to our health.

In America, we celebrate a holiday dedicated to gratitude, a day on which families reflect on their love and appreciation for one another. "Thank you" cards are abundant in department stores, and someone celebrating their birthday may take the time to publically thank well-wishers on their social media pages.

Gratitude, thankfully, is not a forgotten art. However, the act of showing gratitude toward yourself is something that is easy and frequently forgotten.

Most people take on more responsibilities than can feasibly handle, and attempt to accomplish as many tasks as possible. These people must work, so they have at least one job. They must have hobbies to be well-rounded, so they dedicate hours to extracurriculars. They must have social relationships for their health, so they schedule several hours a week to spend with friends or family. In many cases, they are responsible for someone other than themselves - a partner, a pet, or a child.

Unfortunately, many people are overwhelmed, spreading themselves thin with their abundance of responsibilities. They expend themselves to please others, and usually run on empty. Exhaustion is familiar to them. But if they cannot accomplish every little thing on their to-do list, they drown in their schedule. Some feel they do not deserve the reprieve of self-care until they finish their tasks. Even worse, they wait until the guilt builds to a peak, then indulge in an unhealthy manner by stress-eating, turning to retail therapy, or putting off tasks in a bout of anxiety.

Like anything indulgent, self-care can be incredibly helpful, but in moderation. When moderated, we can begin to refer to it as self-gratitude.

Everybody deserves to take time for themselves. Without it, you can develop resentment for what you once loved. Even the seemingly most pressing of tasks can wait another day, enough time to recover from your stress. If things are overwhelming, take a day off to get in touch with yourself. Meditate, hike, read, or listen to music. Participate in activities that are time-honored for being restorative and healing. Then, you can set the foundation for applying daily self-gratitude to improve your mental and spiritual health.



When it comes to self-gratitude, the simplest shift in attitude can change everything. Appreciate what you have already accomplished, instead of dreading the long list ahead. Schedule time on a regular basis - even 30 minutes weekly - to do something that makes you happy.

A familiar self-esteem exercise involves looking into a mirror and telling yourself you are beautiful. Instead, look into the mirror and say to yourself, "Thank you for doing your best." Take the time to write down five things daily that you are grateful for, whether they are external, or things you have done for yourself. If you

enjoy sharing your feelings, make a post on social media expressing your gratitude toward yourself - the "likes" and comments that will surely ensue will only make you feel more confident!

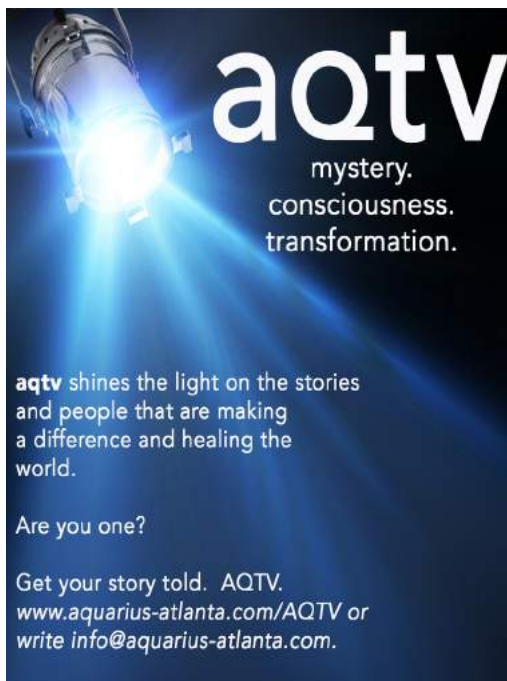
Another important part of self-gratitude is being able to accept the positive emotions people have towards you, or the things they do for you. By showing sincere gratitude instead of rejecting or interfering with favors, you are taking pressure off yourself and allowing others to appreciate that they were able to perform an act of kindness toward you.

For example, are you the type of person who deflects compliments with another compliment? Next time someone tries to compliment you, accept it with a simple, sincere, "thank you." It may feel strange, but you may also find yourself happier to not scramble for the perfect retort.

Once you practice self-gratitude, you will appreciate your accomplishments more, and you will be confident moving forward. You will discover what is unnecessary and what is weighing you down, and cut those things from your life, leaving room for the kinder and happier things. You will ultimately get more done. And you will thank yourself for it.

---

*Kaitlyn Radel is a UIF intern writer studying Creative Writing at the University of South Florida. Previously a professional tarot reader, she strongly believes in the power of personal intention.*



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# AQ Divine Feminine

## Awakening The Goddess

*"How can I be substantial if I fail to cast a shadow? I must have a dark side also if I am to be whole. One does not become enlightened by imagining figures of light, but by making the darkness conscious." – C.G.Jung*

The fog is thick it is so dense that it's almost hard to breathe. I long for nights like this, its still, quiet and you can hear the leaves dripping with the heaviness it brings. Tonight the stars are out, there is not a cloud in the sky and I don't see even the slightest hint of the moon.

What is Mother Nature telling us right now?

We are laden with fires, hurricanes, flooding and tragedy all around us. Are you listening? She speaks! Its nights like this through the denseness of the fog she asks us to be still, to stop, and to listen with urgency. It is the time of the year where we do go within where we listen to our internal clocks, dive into the underworld of our inner-most self's.

Can you hear the inner goddess calling you?

She beckons for you to come closer, to listen to her, to get more in touch with her. In this past year what is it that you need to get rid of? Is it self-doubt or worry? Or is it something much deeper than that?

The leaves are falling fervently from the trees reminding us to let go, to let go of all that no longer is serving our highest good. It is this time that we make a list of things that we are grateful for and those things that we have no let go of, for they have not been serving us any longer. The fog teaches us this mystery; it teaches us that sometimes things are hiding where we do not see. It's as if you're stuck inside a giant cloud, not knowing which direction to go, but if you slow down just enough and listen to your inner goddess you will hear her calling your name. It is in the darkness and denseness than most people feel lost. I am reminded that this is just a moment in time that allows me to connect with myself.



**By Crystal  
Starshine**

I know that when morning comes and the sun decides to rise, that the fog will burn off and the light will begin to pierce the dense dark, thick fog, clearing all that I do not see. I have always loved the night sky the moon, the stars and the vastness that it shows us. Even in the dark there is light if you look up. The moon is always lighting our way even when we feel the most lost and afraid.

I am reminded as I stand here this eve of a Trevor Hall song where he sings "The dark within my dark is where I found my light, the fruit became the doorway and now it's open wide, the fruitful darkness is all around us in bloom. Don't be afraid." It's here in the darkness that we begin to learn about ourselves. We must become one with our dark parts; we are beautifully made of both light and dark. Our power is found in the dark, everyone goes through

hard times, and everyone is challenged every day. We see catastrophes, evil people, racism, misogyny and so much grief but it can be hard to find the light or the fruit in your darkest hours. Some say that everything happens for reason and I believe this. I believe that our lessons are brought to us so that we can raise our own consciousness. Humanity would change if we could just find that light, that common thread that we are all one, one human race in the pursuit of happiness. Happiness dwells in each of us.

Sisters and brothers take this time follow the wheel of the year, follow nature, and go within, dance with your shadow, find the fruit in your darkness so when the wheel turns again to the spring equinox you will be in full bloom.

Light can only be understood in the wisdom of the darkness.



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# The Fish Rots From the Head Down

Donald Trump's cry as he descended on Washington was to "Drain the Swamp", yet his tenure thus far has seen cabinet posts filled with millionaires and career politicians along with a host of ethics violations. Scandal and background dirt was unearthed during the hearings for those cabinet posts, but the eager to please GOP senate majority turned a blind eye to the information. The most inane candidates were paraded before the senate, such as a candidate for the Secretary of the EPA who had actually sued the very department he was to lead. An Energy Secretary who had been a contestant on Dancing with the Stars and my personal favorite, an Education Secretary who felt guns in the classroom were needed to shoot bears in the wilds of Alaska.

The confirmation hearing that hit closest to home was of Georgia Sixth District Congressman Tom Price for Secretary of Health and Human Services. Democratic Senators raised concern over Tom Price profiting on stocks of corporations who were direct recipients of legislation he had introduced. Price traded more than \$300,000 worth of stock in health companies affected by bills he sponsored or argued for. During confirmation hearings he claimed to have received no special information, but The Wall Street Journal found that Price had actually received a privileged offer to buy. Price purchased \$90,000 in drug companies the same day he intervened to kill a rule that would have cut into their profits. Democrats have asked that the Securities and Exchange Commission investigate Price, yet the GOP in their glee over repealing the ACA let the good doctor pass. Until now.

Call it karma, or a shift in consciousness, but are things starting to turn? In the case of Secretary Price, he was not convicted of insider trading-yet, but his downfall was a travel-gate scandal involving over \$1 million in travel costs for private jets and military transport



for personal and official use. He meekly offered to pay back "his" portion of the cost which amounted to \$52,000.00. Instead he resigned and it's doubtful the bill will be collected.

In our current world, it is difficult to hide anything. The New York Times, Politico, The Washington Post, The Guardian and The Atlantic, to name a few are exposing scandal and hidden agendas. Are news agencies suddenly better than in the past, are there more leaks in this current administration or are the acts so egregious they cannot be ignored? There is no denying these news organizations have been working overtime and are the true ethics oversight.

The saying "the fish rots from the head down" is appropriate here, in terms of behavior and most certainly ethics. Traditionally the President is held to a high standard and sets the tone for others to follow. During a discussion by ethics experts at the Texas Tribune Festival, the consensus was clear; Donald Trump's White House may be the most unethical administration Americans have ever seen. Walter Shaub was the director of the U.S. Office of Government Ethics until he quit in frustration earlier this year said Trump told his office to "go jump in a lake."

We have a president who refuses to turn over his tax returns or divest himself of previous business involvement and is in violation of the Constitution's Emoluments Clause as foreign leaders funnel money to the president by staying in his hotels and golf courses. Recent grants of valuable trademarks by the Chinese government to the Trump Organization after his election are the subject of civil litigation brought by the group Citizens for Responsibility and Ethics in Washington (CREW). The Trump campaign is being investigated for possible Russian collusion, and without tax returns, we have no idea the full extent of his ties to Russia. He fired FBI Director James Comey who was deep in that investigation leading to possible obstruction of justice. The potential tide turning could be seen with the bipartisan bill passed by the Senate preventing the president from firing special counsel Robert Mueller without oversight involvement.

With daily outrage at Donald Trump's actions and tone, it may be the slower process of litigation from a host of ethics violations that may be the downfall of the administration. Trump's frequent Twitter rants against prominent senators and his divisive comments about the racially motivated violence in Charlottesville, VA have angered many Republican lawmakers who would normally have been inclined to support a GOP president. When faced with eventual ethics violations, those once loyal supporters, may be more than content to see Vice President Mike Pence take Trump's place. Perhaps it is time to truly drain the swamp.

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*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.

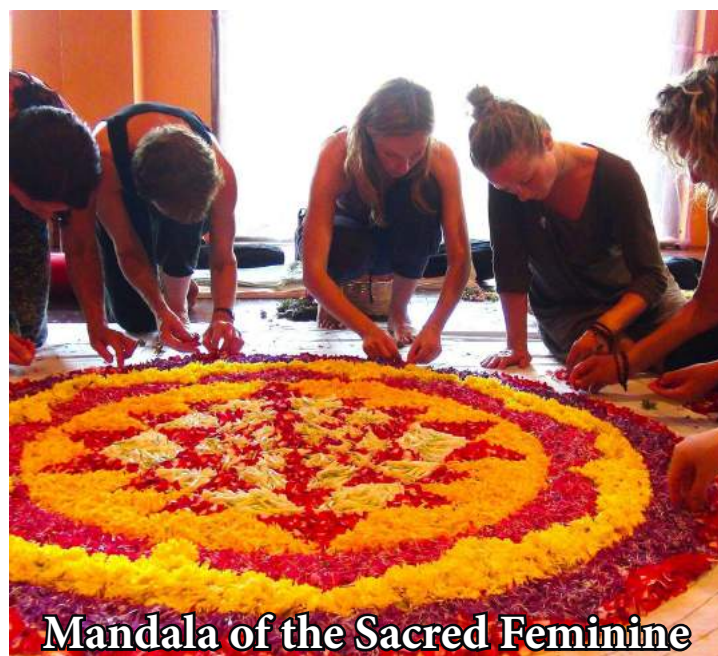
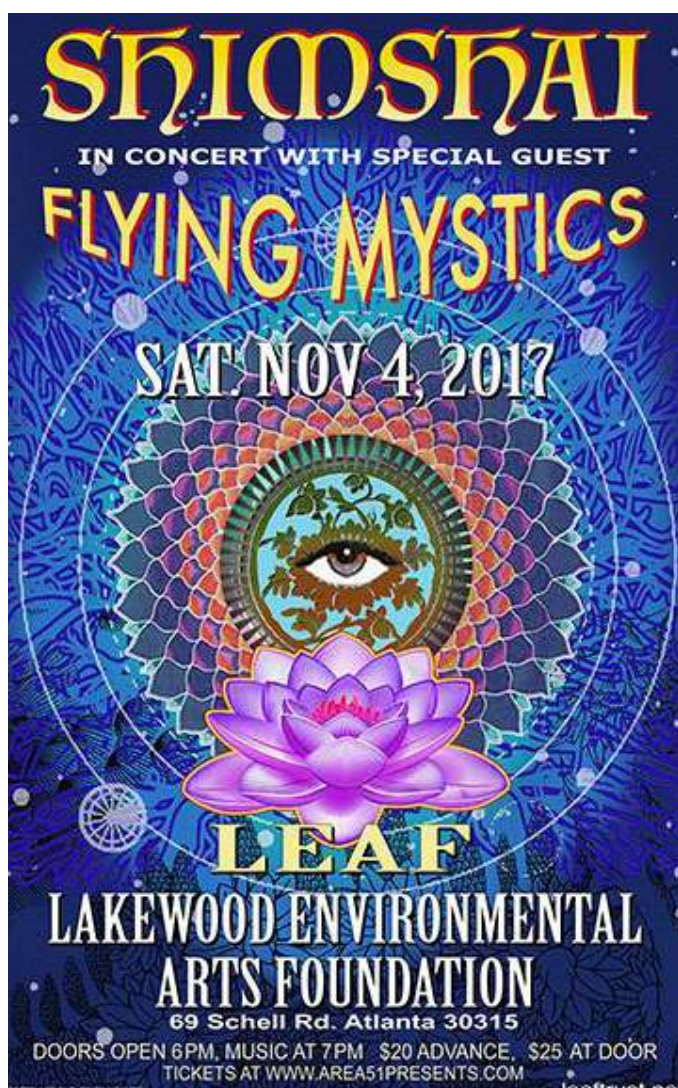
— Swami Muktananda



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



### Mandala of the Sacred Feminine

Flower Yantra Creation & Kirtan

November 11 at 7pm-9pm

Vista Yoga

2836 Lavista Rd, Decatur, Georgia 30033

Hosted by Shonali Yoga and Vista Yoga

# The ATLANTA MANTRA AND SOUND HEALING SCENE

*"...our path is found from looking within and finding that pause which allows us to hear the true voice of our hearts."*

Our main purpose with the AQ Swaha Productions page is to introduce and share the events and opportunities in the sound healing and mantra/kirtan community with the public. I speak with many people who are seriously interested in these practices but feel apprehensive or are unaware of what is available. We are here to bridge that gap.

This month, I would like to share a general overview of the scene and various events which happen on a regular basis. There is so much happening. I wish I could mention everything. All of this information and more is compiled and shared on the Swaha Productions Facebook Page and in our monthly newsletter. Please subscribe through the Swaha Productions FB page to receive the newsletter by email.

There are many active sacred music and chant bands that play regularly throughout Atlanta. Their offerings vary from western contemporary kirtan style, traditional kirtan, sacred music of ancient traditions, to sacred musical channelling from the heart and spirit. Atlanta bands of note with regular monthly offerings include Blue Spirit Wheel, Flavia Krishna & Gershone, One Voice, Adi Shakti Tribe, The Flying Mystics, John Stringer and many, many more. Venues which host these events can be found all over the city, ITP and OTP. Some of the event venues include Candler Park Yoga, Vista Yoga, Nirvana Yoga, The E Church, Kashi Yoga, Decatur Healing Arts, The Interfaith Truth Center, Unity North, The Heron House, The Self Discovery Center, and more.

Many local sacred music artists tour the continent far and wide sharing their light and love. There are some amazing yoga and music festivals all over the southeast which are an incomparable experience of the power and intensity of these practices.

Our local scene is often represented at these events as well. Weekly and monthly offerings are the pulse of the community and provide beautiful moments to re-center and balance our lives to maintain a strong connection with our highest selves.

Ian Boccio of Blue Spirit Wheel offers two weekly gatherings at Candler Park Yoga that include insightful teachings from the Buddha Dharma and chanting of Buddhist mantras. The offering on Monday's includes Buddhist chants for awakening and Wednesday's focus is on chants for healing. Ian also shares his practice and depth of knowledge in the form of a mantra chant intensive workshop a few times a year. The next one will be offered December 8th at Vista Yoga for those interested in gaining a foundational understanding of the basic theories and practices of mantra yoga as a personal, spiritual path.

There is a weekly kirtan practice at Kashi Atlanta every Wednesday followed by a spiritual growth teaching and guided meditation led by Swami Jaya Devi. Also on Wednesdays, Twilight Reveille, with Jennifer Proctor, Eye Seay You, Ashley Chase offer atmospheric intuitive music as a healing modality to

promote inner wellness, at the Self Discovery Center Healing Studio. Narinder Bazen offers Kundalini Yoga classes which invoke a beautiful use of mantra within the practices. There is also a monthly mantra chanting group at Kashi Atlanta hosted by Saivitte Wilson.

There is too much to cover it all but these are a good place to start if you want to get involved. Other engagements in sound healing modalities involve the use of bells, gongs, didgeridoos, and various types of percussion instruments to produce transcendent, blissful, and meditative healing experiences. Some of the practitioners of this experience in Atlanta include Jennifer Proctor, Gabriel Nelson Sears, Danny Stern, Michael Burke, Joey Dukes, and more. 5 Rhythms is a loosely guided form of meditative ecstatic dance that creates an experience of unity with body and mind in a flowing state of connection. There are weekly meetings for 5 Rhythms at the E Church in Candler Park on Tuesdays and once a month on the first Friday. Some of the facilitators of the practice include Julie Stuart, Azi Amanzadeh, Logan Ferrelle, and Scott Houston.

All of these practices and groups culminate once a year at the south's largest sacred music festival, Chantlanta. Chantlanta is a potentially life changing experience not to be missed. There is no better time to link in with the community than at this celebration of sacred sound from all over the world. The local scene is well represented while highly renowned teachers and practitioners from around the world share these transformative practices throughout the weekend. Chantlanta is held each year in the springtime. Be on the lookout in Aquarius, Swaha, and the Chantlanta FB page for upcoming Chantlanta 2019 dates.

There are far too many gatherings and offerings to cover them all in one article. My apologies to those I may have missed. If you are willing to take a step into the unknown, put yourself out there, and try some of these moments, you may find things you never knew were there, or maybe exactly the things you needed at the moment to help you along your way. It is my interest to share all these wonderful people with you because of the unbelievably positive effect this community has had on my life. I want to make these expansive experiences more approachable and accessible to all who have even the faintest interest. You can find out more about all these groups and events I have mentioned through the Swaha Productions Facebook page or with a simple Facebook search of the individuals. I hope to see you soon in that beautiful ocean of sound and energy.

Namaste!  
Nathanael Ivey

## KIRTAN EVENTS IN NOVEMBER



Community Kirtan  
Every Wednesday night, 7pm  
Kashi Ashram, Candler Park



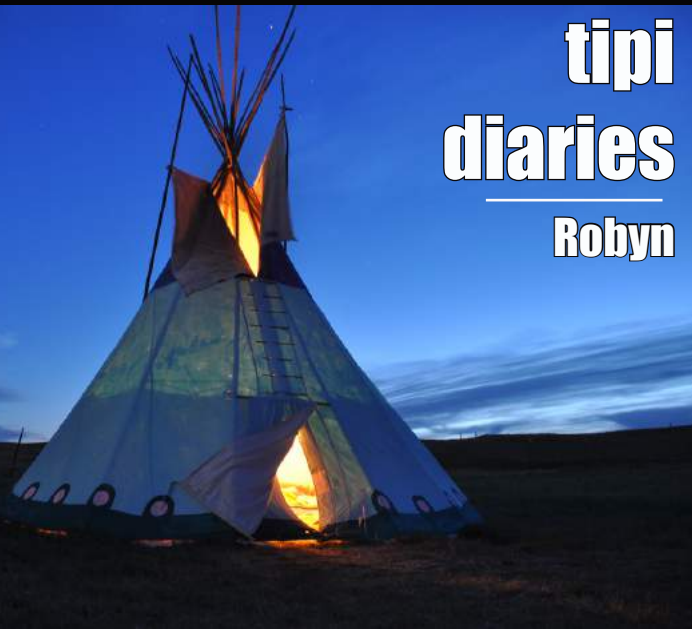
Blue Spirit Wheel  
November 4  
Johns Creek Yoga



Adi Shakti Tribe  
November 12  
Marietta Thai and Body Works

# tipi diaries

Robyn



We have to start with earth beneath us. Our Mother, our foundation, without which nothing else matters.

Is the whole Universe a reflection of ourselves?  
THE WORLD IS A REFLECTION OF YOU - WHAT DO YOU WANT IT TO LOOK LIKE?

Happy? In bliss? Limitless? Endless? Full of love and abundance? Healthy, sustainable, and balanced? What do you want to see... on our planet, with the health of what we bloomed from? How would you want other people to treat you? With love and respect? Kindness and compassion?

You choose what it looks like. You choose what it looks like. Two different people could experience the exact same lives and yet one may perceive it as blessed and be grateful. The other struggles and is bitter and resentful.

What changes our perception of own reality is gratitude. Imagine if every waking moment of your day you are looking for the joy, for anything - no matter how small - to focus on the positive, the abundant. It's pretty easy for most to quickly see what is "wrong". Unless you're enlightened, you're most likely using some thread of judgement throughout your day. It's hard not to judge. Choosing to find gratitude all day makes it easier.

Philosophy lesson- What if you do only see the positive? Does that mean we could miss potential warning signs? The answer is yes, if you are not connecting to your source...

What you do has a ripple effect - to all and everything. Is it a positively charged ripple or a negatively charged ripple? There is no good or bad, but there are positive and negative energy currents. It's one way of understanding karma.

Connection and gratitude. The fastest way to finding and feeling them, in every moment, is to ask...Is this a positive or negative current I am putting out into the Universe? Into the ground beneath my feet? Is this what I want reflected back to me?

The connection we need as a species right now is Earth. We are missing the warning signs. It's time to see the reality of what we have done as humans to our planets. Yes, planets. This is not your first one. She is all that matters right now- the wounded girl, the warrior, the princess, the goddess, the fighter, the dreamer, the DIVINE feminine. It is her time. We must all honor the Mother, Our

Mother - love and respect her. Show her our gratitude by above all respecting her and she will keep you healthy, stable and balanced, in abundance and in bliss. It's reflected back because it is all a mirror. We are what we see.

There is no separation. Find the gratitude. In the images of your life, through the many different lenses you are, where can you see the mystery?



*As I'm sitting in my tipi writing I hear the words, "pay attention to the fire". I look down and see a fire ant running up my arm. In the moment I hear the word "fire" I unconsciously blow him off. AHHH! Wait! Noooo! What if I was going to hear the word "ant" after fire. What if it was "pay attention to the fire ant"? What if we are cutting ourselves off, shortening our attention, giving too much attention to the wrong thing?*

Pain and Power in combination are a force to be reckoned with. There are two forces, positive and negative. We all have pain. We all have power. Pain and power can fuel each other. Do you want to use your pain to fuel your power, or your power to fuel your pain?

Stop paying attention to your Ego, your negative mind. You choose when your pain will stay greater than your power or when your Love, your Power, your Heart, will be stronger than your fear.

Pay attention in Gratitude and you will find your connection...to yourself, your planet, and each other. There is no separation.





# Health, Longevity & Folks In Their 90's

Patty Paul

In early 1991 I began contacting up-scale retirement homes...the kind that offered their residents amenities that included lectures by paid speakers...because I had a burning desire to share some of the life-changing information about health and longevity that I had gained so far on my metaphysical journey. My intuition told me that seniors would be the ideal audience to start with, as I'd never before spoken in public. Guided by that inner voice I was able to book engagements at every place I called. I was so grateful for that.

By February I'd scheduled talks at 10 retirement homes, most of them near my home in Southern California. I had also asked each resident manager to arrange for a few of their more vibrant residents aged 90 or older to meet with me after my talk, as I wanted to interview them for a book I might write. What those oldsters shared with me was not at all what I had expected to hear.

The topic of each of my talks was: "Your Beliefs, Your Attitudes and Your Health." I had learned from wise teachers and from personal experience that our beliefs and attitudes are important factors in the state of our health, along with our expectations about it.

And I had expectations about what those 90 year olds would tell me to explain their good health and longevity.

One of the things I thought I might hear was how that oldster I was interviewing had always believed that they'd have a long life because all of their relatives had lived to a very old age (commonly known as "having good genes").

Or perhaps they had been careful to only eat healthy foods, watch their weight, and never smoke. Maybe they'd tell me that because they were always so cheerful and happy they just never got sick.

Who knows, thought I, some of these seniors might even be like my grandma and my mother, both of whom lived past 103 by avoiding medical doctors and prescription medicine like the plague.

But I heard none of those reasons.

Each of those dear old folks who happily shared their life stories with me revealed the same basic thing about them self. It was something I hadn't even considered. Every one of them was passionate about something that brought fun and creativity into their life.

Here are three inspiring stories from the seniors I interviewed:

**JOE.** Joe was 93 and in a wheelchair fulltime. He said that until last year, he'd competed in seniors' wheelchair races in meets with others from local retirement homes. Joe had many trophies that proved his enthusiasm for winning but most of all he loved the camaraderie and the fun of those competitions. Then his health took a downturn, so racing was out. That's when Joe took up painting.

He was as keen about painting as he'd been about competing, and Joe was producing several acrylic paintings every single day. He said he gave his best ones to friends and family. He showed me stacks of his colorful artwork leaning against a wall in his room. Creative and prolific Joe really inspired me!

**MARY.** Ninety-one year old Mary had been an army captain's wife in her 40's living on a base in the U.S. while her husband served in Europe during WWII. Lonely and bored, she began thinking of ways to keep busy and maybe earn a little money. She came up with a unique design for a full-coverage kitchen apron with practical details that made her design stand out.

At first Mary cut and sewed all the samples herself and took them around to local stores. They soon were a hit, so she hired some of the other army wives to help make the aprons. After a year or so, her thriving business required factory-made aprons to fill all the orders. Contracting with a garment factory was her next step. Eventually a big company bought her out.

It was obvious that now, at 91, Mary still had the same enthusiastic energy...this time as a collector of antiques. A couple of times every week Mary and a younger friend with a car would visit nearby towns to see what treasures could be discovered in their an-

tique and "collectibles" shops. They always had a lovely lunch (Mary's treat) and made a fun day of it.

Sometimes Mary brought home a real bargain that she'd found, because of course she'd learned all about antiques beforehand and was savvy about their value. Mary was still that shrewd business woman with passion and drive.

**ANNA.** Another standout in my memory was tall and elegant Anna, a handsome woman with snowy white hair and a youthfulness that belied her 94 years. Her passion was the piano. She said that her well-to-do family had first arranged for a piano teacher to come to their home when little Anna was just five years old. Her piano lessons continued for many, many years and she appeared in numerous recitals, often as the featured soloist.

Anna especially loved playing classical piano and performing before an audience, but unfortunately her skill and artistry did not meet concert-level requirements. But that didn't keep her from having a musical career, for Anna taught piano in schools, public and private, until she retired in her late 60's. Then she played at home every day for her own pleasure.

When she finally moved into this up-scale retirement residence, she brought her Steinway baby grand with her and had it installed in the recreation room. Anna still played her beloved piano daily...and now she always had an audience.

Having PASSION and FUN! That is the secret to keeping bright the flame of Eternal Youth.

© 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)



# Unique Voices

## The Adventure of Consciousness

### Satprem

The higher one rises, the farther one is pulled down. Evolution does not move higher and higher, into an ever more heavenly heaven, but deeper and deeper. Each evolutionary cycle closes a little lower, a little nearer to the Center where the supreme High and Low, heaven and earth, will finally meet. The pioneer must therefore clear up the intermediary mental, vital, and material levels so that the two poles can actually meet. When the joining takes place, not only mentally and vitally but also materially, then the Spirit will emerge in Matter within a complete supramental being and a supramental body. The difficulties of accustoming the body to the supramental Agni may, ultimately, have a reason and a purpose.

All obstacles, whatever their nature, always ultimately prove themselves to be helpful auxiliaries of a Truth whose meaning and purpose we do not yet know. To our outer, superficial vision, the transformation seems to be exclusively a physical problem, because we always put the cart before the horse, but all difficulties are actually inner and psychological; the visible and dramatic difficulties of the body's growing accustomed to the boiling Agni may be, as we shall see, less a practical or material problem than one involving the whole terrestrial consciousness.

If a pigmy were abruptly subjected to the simple mental light of an educated man, it would probably cause in the poor fellow subterranean revolutions that would traumatize him forever and drive him insane. There is still too much jungle underneath. This present world is still full of jungles: such is the problem in a nutshell. Our mental colonization is a very thin crust over a barely dried Stone Age.

Night after night, in his sleep or with his eyes wide open, the seeker uncovers very strange worlds. One after another, he unearths all the birthplaces of human perversion, human wars, human concentration camps, where everything we live here is being prepared; he catches in their dens all the sordid forces that move the petty and cruel men.

The more Light he possesses, the more darkness he uncovers. Night after night he tracks down the surreptitious rot that undermines Life; for how can anything change as long as that gangrene is there?

Now the dark half of the truth has become illuminated. Every stumbling or error kindles a flame of pain and seems to produce a breach of light below; every weakness summons up a corresponding force, as if the energy of the fall were the very energy of the ascent; every imperfection is a step toward a greater fulfillment.

There are no sins, no errors, but only countless mishaps that compel us to attend to the full extent of our kingdom and to embrace everything in order to heal and fulfill everything. Through a tiny crack in our armor, a love and compassion for the world have entered in, which none of the radiant purities can ever understand; purity is impregnable, self-contained, sealed off like a fortress; some fissure is needed for the Truth to come in!

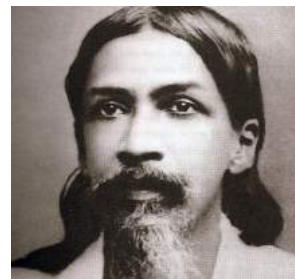
There is a truth of Love behind evil. The nearer one draws to the infernal circles, the more one uncovers the great need in the depths of Evil and begins to understand that nothing can be healed without a corresponding intensity: a flame is kindled within, more and more powerful and warm beneath the suffocating pressure – there is just Her, nothing but Her – as if Love alone could confront the Night and persuade it of its luminous half.

As if all that Shadow had been necessary so that Love might be born. In truth, the heart of every shadow, of every evil harbors the inverse mystery. And as each of us bears or harbors a special difficulty, at once the contradiction and the sign of our destiny, it may be that, similarly, the immense "faults" of the earth – her sins and sufferings and the thousand gaping wounds of a pauper – are the very sign of her destiny, and that someday she will

incarnate perfect Love and Joy because she will have suffered all and understood all.

As we progress, the superconscious line recedes upward and the subconscious line downward. Everything widens, everything is illuminated, but everything also closes in and converges around a sharp point of darkness, increasingly acute, crucial and pressing, as if we had turned for years and years – for lifetimes – around the same Problem without ever having truly touched it. Then, suddenly, it is right there, at the bottom of the hole, wriggling beneath the Light – all the evil of the world within one point.

The time of the Secret is drawing near. For the law of descent is not a law of oppression, sin, or fall, any more than it is a law of repentance or heavenward escape, but truly a Golden Law, an unfathomable Premeditation that draws us simultaneously upward and downward into the depths of the subconscious and inconscient, to that central point, that knot of life and death, shadow and light, where the Secret awaits us. The nearer we draw to the Summit, the more we touch the Depths."



Satprem (Bernard Enginger, 1923-2007), was a French author and disciple of The Mother (Mirra Alfassa). He wrote *"Sri Aurobindo or The Adventure of Consciousness"* in 1964.

# A Perfect Harmony Of Self

Diane Glynn

The path to enlightenment. It's never ending, isn't it?

Once you step into this realm, your life is never the same. In your search for understanding of this "light within" you hang on the words of gifted teachers believing that if you just listen hard enough, if you sit in just the right position, with just enough silence and practice over and over again the steps to enlightenment that they offer you, you will find God. You listen and you learn and then you hear something new. You take another workshop and gather more information. A new technique that will open your heart just a bit more. A new Guru, another Shaman, a new dimension reached. In the midst of this you sit in meditation, increase and change your yoga practice, visit Reiki Masters and learn EFT. You ask for blessings and attend chakra and meridian healing sessions. If you can just learn to stay centered, practice pranic breathing and get your energy patterns right, you will be at peace.

Are you there yet?

Sigh.... Maybe you think you are. Maybe these things help you understand the universe a little better. Maybe you have learned so much and you believe you've got more understanding than the rest of us. Maybe you are at the point that you are now the teacher. Maybe, maybe not. After so many years of searching, learning, practicing, testing I can tell you that there is only one thing that I have learned.

I will not find God in any of this.

I am grateful for the many teachers who have walked this path with me. Grateful for those that have tried to direct me toward something new and life-changing. In my search I have observed the journeys others have walked, but I was always left wanting. Part of me wanted to live that kind of life – a life of constant searching and continuous learning. All that knowledge must be leading to something! I began to realize along the way that there was actually something missing. It shouldn't have to be this hard.

I realized that I cannot find God through any of them. I will not find God by reading another book, listening to another lecture, attending another workshop or learning a new technique.

There is nothing out there that will bring God to me. It simply isn't possible. Each of these things may provide knowledge, but no one has the power to "give" God to me.

The connection of my Soul to the Spirit I call God is not something I achieve. It is who I am. God is right where I am. It is who I am in the stillness. It is who I am in the giving. An equal measure of both.

A perfect harmony of self.

This integration of Soul and Spirit is the Oneness we often speak of. Throughout the ages, it has been taught that it is in the stillness that Spirit is found. Quietly, patiently, waiting for me to listen. Everything leads to this. I listen and I hear the whispers that begin to change my world. It is in the silence that my life begins to expand. The softness of this becomes sweeter and it touches those around me. The stillness brings harmony to the planet. The stillness is my teacher.

The same is true for you. You are your own teacher. Each step into this world that you take contains every tool you need. It is all right here with no need to reach for something that feels unattainable. There is nothing to attain. You are Spirit. You are God. You are the living, breathing truth. You. When you release everything and enjoy the stillness of your Soul, Spirit will gratefully awaken. There is no "work" involved. Just be still and softly listen. Don't strain, don't struggle. It's not that. It's not that at all.

You are already Divine.

You are the teacher. You are the student. In the receiving and in the giving. In the peace and in the chaos. You came here to teach and to learn. You are the lesson of Soul and Spirit. Perfect harmony.

Live in perfect harmony with yourself and you will awaken to the truth that there is no separation between you and God. You are One and the Same.

Let your next teacher be you.

# 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

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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.



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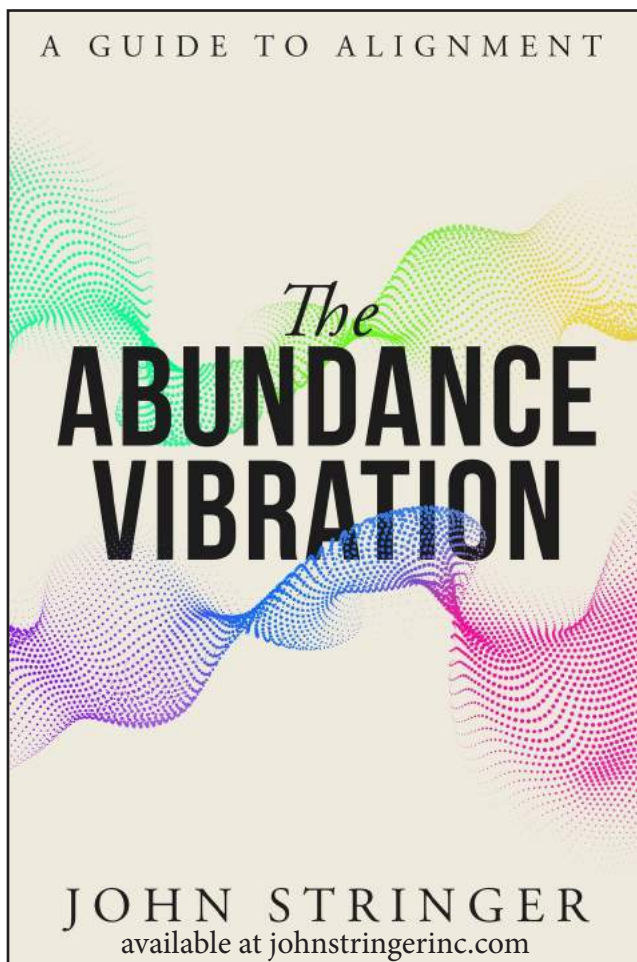
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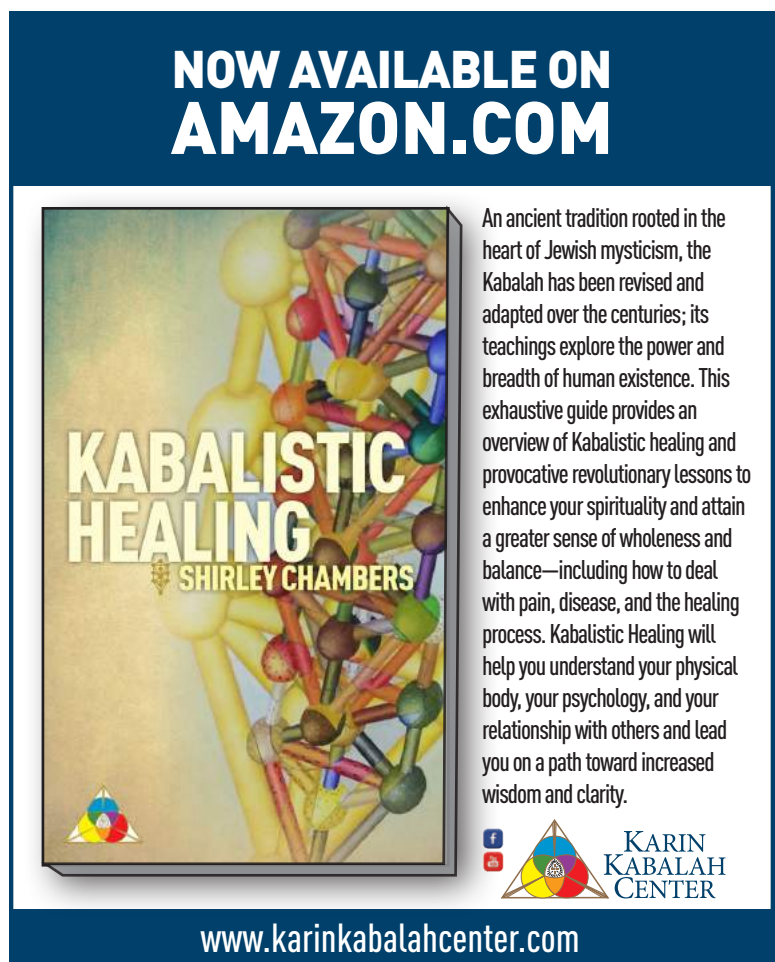
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Tori is a colorful artist and teacher living in North Druid Hills. Largely inspired by nature and vibrant colors, her playful paintings bring a sense of joy and wonder.

She has worked with children for 12 years and discovered her passion of teaching children art after graduating with a Psychology degree from Furman University.

Throughout the Metro Atlanta area, Tori has managed a children's art studio and led after-school art programs; she is currently the Youth Program Coordinator at the Chastain Arts Center and art teacher for local nonprofit drawchange, Inc., empowering Atlanta's homeless youth through the use of art.

Tori is fascinated with art therapy and the connection between well-being and the creative process. After exploring this connection through her work with drawchange, she created a monthly workshop for adults in 2016 called Make & Meditate, where she leads a guided meditation and an intuitive painting session based on a monthly theme.

Tori enjoys giving mindful art experiences to children and adults alike. She brings her positivity and light-hearted attitude to her teaching practice, allowing for a fun, supportive environment for her students' imaginations and personal expression to flourish.



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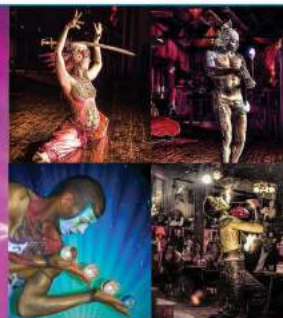
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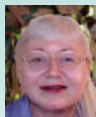


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