

*Living, Loving, Thriving In The New Age*

# AQUARIUS

September 2016

Virgo

August 22-Sept. 22

## Breaking The Mandala

A New Series On Creating The New Age

Featuring the Art of Keith Prossick

This Month: "Ganesh" (The Remover of Obstacles)

**AQ Community**

Karin Kabalah Center

**Vote With Your Life**

Stephanie Kohler

**The Intuitive Therapist**

Janis Cohen

**Surgery Of The Mind**

Jennifer Butler

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**Michelle Gregg**

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**by Crystal Starshine**

**To Your Health by**

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MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY



# How to Awaken the Real You and Get Answers to Life's Mysteries!

SHIRLEY CHAMBERS, DIRECTOR OF THE KARIN KABALAH CENTER, ANSWERS THESE IMPORTANT QUESTIONS

**Q. How can we learn more about ourself through study of Kabalah, the Tree of Life and other esoteric teachings?**

Kabalah is an ancient wisdom that reveals how the universe and life work. It's the study of how to receive fulfillment in our lives. It is a systematic overview of how existence functions, on every level, from the microcosmic to the macrocosmic.

The Kabalah's Tree of Life is a mystical symbol used to describe the path to God. By utilizing powerful meditations along with understanding the Tree of Life, you will find yourself connecting to the energy and maintaining true long-lasting fulfillment and connection. You will achieve the answers and freedom that you seek in life. The Tree of Life also contains the ultimate key to the understanding of human psychology as well as the nature of existence. It reveals one's own psychological and spiritual make-up and unveils the reason for the addictive behavior of mankind that is so prevalent in our world today.

**Q. I'm a Christian. Can I study Kabalah?**

Kabalah transcends the structures of all religions and enhances understanding and participation in one's chosen belief system.

**Q. What can we expect when we utilize the Kabalah as a tool in a process of discovery?**

Simply said, one becomes himself or herself. To cite an example of just what mysticism is — we all know the taste of an orange, and knowing that taste is vastly important for the use of oranges in recipes. Now substitute the word "yourself" for "orange." It is important for us to know ourselves so that the recipes we concoct in life are appropriate for that taste, otherwise those experiences can either become nonproductive or even painful. Just as becoming a physician requires not only the study of medicine but also the integration of that ability in order to practice as a physician—so does the becoming of oneself require the same.

Through a process that includes the use of archetypes, meditation and a synthesis of the important essentials found in psychology, theology, science and philosophy, one finds the power of his or her true being. There are no shortcuts, no magic formulas and no outer activity that can lead to this inner freedom of self so desperately sought-after and needed in our world today.

**Q. Why is understanding the Tree of Life important to understanding who we are and why we are here?**

The Tree of Life is one of the oldest and most powerful archetypes in existence. Through unconscious recognition and identification with the Tree and through the use of the Pathways connecting its principles in the practice of meditation, one finds oneself becoming free from the stress and pressure resulting from immersion within the external world. This freedom leads to a fuller life experience applying one's individuality (or taste) where it is appropriate and also in ways that serve all mankind as we move into a new world consciousness.

**Q. Can you explain the new world consciousness?**

This new world consciousness requires that we become spiritual adults, a state in which we are responsible for our lives, our actions and our experiences. It also requires that we respect each other's individualism and their right to bring that individualism (taste) into their own patterns (recipes). This cannot be achieved as long as mankind is attached to or co-dependent with anything or anyone outside of himself and while the journey may not always be easy, the freedom and power gained far exceeds the effort expended. It is then that the beauty of the world and oneself truly shines. It is also very exciting to discover the reality of one's being — sometimes it is even very surprising!

“Just as there are many tastes in our world, each unique and individual unto itself, we as soul beings, each have our individual taste and the journey of life demands we discover it.”

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**Q. It all seems very mystical, even a little mysterious.**

Kabalah may be mysticism, but it is not a mystery. A mystery can be solved, even the mystery of just who we are. Mysticism is the realization of that mystery and its power of freedom in a personal as well as universal world that often seems unfree. Mysticism is what empowers the solved mystery and power can only be described by that which is empowered. Just as there are many tastes in our world, each unique and individual unto itself, we as soul beings, each have our individual taste and the journey of life demands we discover it.

**Q. Tell me about the course offered at the Center called “Kabalah: The Process of Awakening”? Will it help in this journey to Self?**

“Kabalah: A Process of Awakening” is a course that initiates your growth by exploring the answers to life's profound questions—and much more. Weekly lectures take you on a journey of self-discovery, of finding balance and reviewing those aspects which are pertinent to life—philosophically, psychologically and spiritually. The process of awakening is a pathworking process and it will not only help you to achieve dominion over erratic behaviors, but also you will begin to develop the intuitive, the “inner knowing” level of your being. An esoteric axiom states, “as above, so below” or “as within, so without,” thus the more we understand and develop the within, our own consciousness, the more harmonious and balanced our outer lives will become. This course will help you discover not only yourself but unravel life's mysteries. It will help you to become a true inspiration to your family, friends and community. Get ready to know thyself!

**Q. What is the purpose of the Karin Kabalah Center?**

The Center, founded in 1989, is an educational center for esoteric and mystical studies, and provides a journey of self-discovery through its extensive course, “Kabalah: A Process of Awakening.” The Center also offers workshops, a seminary program, counseling and guided tours to worldwide spiritual centers, all of which are available to local, national and international students.

**Q. How does the Center help people with their inner journey, or as you say, their inner freedom of Self?**

If you are interested in pursuing the path of the mystic, the path of Divine realization, we invite you to join us. Our goal is to help mankind break through the barriers he has placed on himself thereby freeing the Spirit within him to be expressed in full potential.

**A new class, “Kabalah: A Process of Awakening,” begins on September 21, 2016 at 7 pm. For more information or to register, call the Center or go online to [www.karinkabalahcenter.com](http://www.karinkabalahcenter.com).**

Shirley Chambers is the founder and director of the Karin Kabalah Center. Prior to that time she taught classes and was on the Board of Trustees at the Foundation of Truth in Atlanta. For over twenty-five years she has taught classes on the Kabalistic wisdom as well as other esoteric and spiritual subjects, and has presented workshops and lectures for many nationally-known organizations such as Spiritual Frontiers Fellowship, Unity, Life Spectrums, Visions of Tomorrow, Whole Life Expo and the Theosophical Society, to name just a few.

In 1994, Rev. Mother Shirley Chambers founded the St. Thomas Christian Church whose purpose is to maintain and continue the flow of the mystical teachings of St. Thomas, the origins of which are to be found in Kabalistic concepts of Judaism and in the Vedic concepts of Hinduism and are incorporated into Christianity from the historically acknowledged sojourn of the Avatar Jesus in India.

She is the author of the study course, “Kabalah: A Process of Awakening” and the book, *Kabalistic Healing*.



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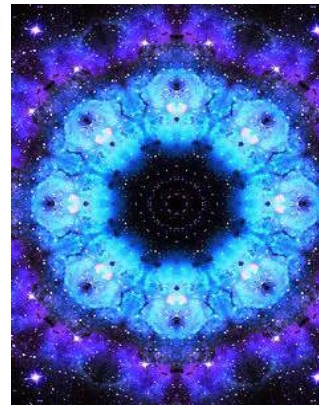


# AQUARIUS

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

## THIS MONTH September 2016/Virgo ♍

The human race is shifting from the Age of Pisces to the Age of Aquarius. This shift requires releasing the old, and embracing the new. "Breaking the Mandala" is a seven-part series exploring how we can release that which does not serve us in the evolution of our consciousness.



**Sapphire**, the September birthstone, has been popular since the Middle Ages and, according to folklore, will protect your loved ones from envy and harm. Medieval clergy wore sapphires to symbolize heaven, while commoners thought the gem attracted heavenly blessings.

## MIND | BODY | SPIRIT | CONSCIOUSNESS | METAPHYSICS | COMMUNITY



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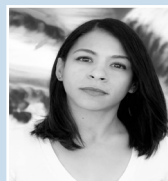
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# the age of AQUARIUS

## THE JOURNEY OF MEDITATION AND THE PARADOX OF EXISTENCE

When examining the nature of our existence from the point of view of a meditation practice, it is important to notice that we are stuck in what seems to be the mother of all paradoxes: we exist, while at the same time we do not exist, and both of these viewpoints are absolutely true. This fits perfectly well with the idea of the new Aquarian paradigm. In the old order, we could confidently say "either we exist, or we do not exist," but as we move into our new way of thinking, we can begin to contemplate the idea that "we exist and we do not exist," confident in the idea that a greater truth will be revealed through this understanding. In physics, experiments in quantum mechanics have been working on it for the better part of a century. In Buddhist meditation, the path to understanding has been followed for more than two millennia.

When undertaking meditation, the first idea to get comfortable with is that everything is consciousness. Everything that exists now, everything that has ever existed in the past, and everything that could possibly exist in the future, is integrated into an infinite, universal field of energy that we call consciousness. All possible phenomena are contained within consciousness: solid matter, liquids, gases, energies like electricity or gravity, thoughts, memories, emotions. All these are permutations of consciousness, composed of the same fundamental energy, part of the same infinite existence. Likewise there is no separation between these phenomena, all things arise out of the field of consciousness and are absorbed back into the infinite, like waves emerging from an endless ocean. We are all existing as a unity in consciousness, there is no separation between us, no separation between anything. You are literally infinite, and so is everyone and everything else!

Nevertheless, we, as human beings, rarely experience this directly. Our true nature is infinite consciousness, but we still find ourselves stuck inside fleshy suits with a very limited set of perceptions available to give us information about anything that exists outside those suits. This state of limited consciousness is what we tend to think of as being "normal." We are each separate entities from each other. Reality is categorized into an endless set of seemingly independent phenomena, bound by restrictions of time

and space. Without really understanding the nature of the choice, we have fully bought into the concept of limited consciousness, cutting ourselves off from the possibility of experiencing our true existence as the infinite. The very idea of infinity is so alien, so inconceivable, that it seems to be non-existent, like a great void, an endless emptiness. The very thought of this emptiness can be terrifying in its strangeness, causing us to turn away, afraid to enter the void and know its essence. So we remain in our limited state, never realizing how much more we can be.

One of the greatest blessings of being human is that, although we are born into separateness and accept our limited consciousness as reality, each person contains a seed of knowledge within, an unformed awareness that what we experience is not the whole truth. This seed manifests as an underlying dissatisfaction with the reality as presented by limited consciousness and a subtle desire to rediscover the infinite. Through the process of meditation, we realize that although we previously thought we were complete entities, existing in a cosmos filled with other complete entities, in fact what we thought of as being our essential self was actually a composite of several discrete elements. We have our bodies, our perceptions, our thoughts and emotions, and we have self-awareness. The interaction of these elements causes the separate entity to emerge, but what happens when we take these elements away?

Meditation is the deliberate disassociation of our identity from these discrete elements, stripping them away to find the essential nature that underlies these temporary phenomena. Once the process is complete, only emptiness remains, and only then does the infinite consciousness reveal itself. Hence the paradox! We exist as separate, limited beings, but only by deconstructing ourselves into nonexistence can we understand who we truly are. This is the journey of meditation.

*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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# Breaking the Mandala

by Don Martin, Publisher

Recently, I had the amazing experience of observing the monks of Drepung Loseling Monastery create a sand mandala. I was mesmerized as I watched the monks carefully and intricately create the complex patterns of the mandala with colored sand. It took shape over several hours, and it was an incredible piece of art.

After the mandala was completed, a ritual of purification and meditation took place. What a sacred moment as I listened to the monks chant and sing as they stood around the art that they had created.

And then (and yes, I knew it was coming...but it still both shocked me and moved me) they destroyed the mandala they had created. In the Tibetan Buddhist tradition, the creation and destruction of the sand mandala symbolize the Buddhist belief that everything in life is transitory, that all is impermanence, and that growth may only occur when destruction (or termination) takes place.

It is a challenging belief and a heavy lesson. No one wants to see something that they love and cherish come to an end...especially a destructive end. But the hard reality is that EVERY THING comes to an end. Every Thing.

We in the spiritual communities like to promote "being in the moment." But the moment - indeed, every moment - comes to an end. Yes, a new moment comes...but that is where the challenge comes, as well. If we refuse to acknowledge and experience the passing of one moment, we will not experience the coming of the new moment.



I see many people trapped in this pattern, of being unable to let go...of the past, of relationships, of beliefs. I don't judge them, because I too have struggled with letting go.

The Universe has an interesting way of evolving us to the place where we can let go of the past, and embrace the future and the new. It is called... STRUGGLE, or TRAGEDY, or SUFFERING and PAIN.

Please understand...I don't think the Universe is like the paternalistic god of the bible, who sits in heaven, looking for someone who has not "let go" and then visiting them with tragedy and suffering.

It is more like a principle of the Universe (like gravity)...if you don't evolve by letting go, your growth as a human slows and stops. The Universe keeps going...it does not wait on you. Then, you begin to experience misalignment with the Universe, and that becomes painful, because you ARE a part of the Universe...and you belong in alignment with it.

Buddhists also advocate the belief of non-attachment. Non-attachment encourages us to avoid attachments and entanglements with any thing or person that requires that we hold on to it/them in order for it have a meaningful place in our lives. If we find our meaning and purpose in other people, or other things outside of ourselves - we are attached. And attachment leads to not letting go, and not letting go leads to misalignment, and misalignment leads to suffering.

Now...back to Breaking the Mandala.

Can you see the connection? The mandala represents our lives, our efforts, our labor, our relationships. It represents us, and the reality that we have created.

But all of that is impermanent...and being attached to it only leads to suffering. If the monks leave the mandala alone, it will eventually break apart. But they make the conscious and intentional choice to DESTROY the mandala...because they know that destroying the mandala (letting go) serves to create both the present and the future. The new may become because the old is NOT in its place.

AQUARIUS is starting a seven-part series, called "Breaking the Mandala." It is based on the mind-bending and acclaimed art of Keith Prossick, an Atlanta resident who is envisioning a world where the new is fully manifested...The Age of Aquarius!!

"Breaking the Mandala" takes us on a journey on the path of Enlightenment and Transformation. Through a series of seven paintings, Keith reveals - through art that has been called "visionary" and "spiritually beautiful" - how the process of conscious evolution begins and progresses.

This series will seek to both encourage you and empower you to break free from old ideas, patterns, feelings, memories...and to embrace the beauty of Your Existence right now and in the days to come. This month, the theme is based on the painting "Ganesh"...the Hindu deity who removes obstacles. Step one in any transformative experience is to recognize and remove the obstacles that stand in your way. By choosing to let go - we "break" the mandala, and set ourselves free to become what we are.

Ganesh breaks through the Mandala...and actually breaks the Mandala! The obstacles are removed, and the journey to self-discovery and empowerment begins!

Here's to Breaking the Mandala!!



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



# Breaking The Mandala

## A Seven-Part Series On Creating a New Age

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

### Part One: Ganesh

*Welcome to a new feature of Aquarius, which examines the aesthetics, insights, and greater context of art. We humans awaken not just through what we read, but what we see and explore beyond words.*

The commentary is specifically drawn from the artist, as a way to show the process and background to the work. There is no “correct” way to do this. You can read first; you can look first. You can do one or the other, though certainly we recommend both. This month’s art is Ganesh, by Keith Prossick.

Ganesh is one of the Hindu deities, a human body with an elephant head. Known as the “Remover of Obstacles,” he is often invoked at the start of an undertaking.

The background of this painting is a mandala. Mandalas are ancient symbols, which function as architectural blueprints for the hyperdimensional palaces of the deities manifested within them. The mandala behind Ganesh anchors this painting, the symmetry a safe boundary for self-inquiry and discovery.

Ganesh appears within this symmetry, but also breaks it. His head is tilted. One tusk is intact; the other has just been broken. There are several stories about Ganesh’s broken tusk; this painting shows his choice to break it, while transcribing the Mahabharata.

Composed over 1000 years ago, the Mahabharata is the world’s longest epic poem, about 10 times the length of the Illiad and the Odyssey combined. Authorship is traditionally attributed to the great sage Vyasa. He asked Ganesh to transcribe his epic poem, and they agreed Ganesh would do so without any pause.

As Vyasa recited, Ganesh carefully captured all the essence of the tale, without missing anything. In the furious dexterity of his writing, his quill broke. Without missing a word, Ganesh broke off his own tusk, and wrote with it until Vyasa finished reciting.

For years, I had been playing with mandalas on the canvas, captivated by their architectural structure and depth. Eventually, I wanted to expand my visions, but encountered difficulty to think beyond symmetrical patterns. No matter how hard I tried to capture asymmetric landscapes, they would always feel unbalanced without the symmetries upon which I had grown dependent. Symmetry had gone from being the guiding framework to being the obstacle keeping my artistic practice from evolving. At that point, I chose to call Ganesh to the canvas—to paint him in the very moment that he chose to break his own tusk. In keeping his promise to Vyasa, he broke free of the dualistic tendencies between which we are often caught. He rose beyond the being that he was, into something more.



Breaking the tusk represents breaking from dualism in both thought and pattern, as well as accepting the impermanence of material form. Breaking symmetry is a way to face obstacles, and transcend challenges.

This painting was a turning point in the direction of my practice as an artist. It opened up my canvas beyond the symmetry of mandalas, into a more expansive, multi-dimensional space. This world does not necessarily exist in perfect order and harmony, but rather a deeper perfection—one which is found in the balance between chaos and symmetry.

Symmetry, though, sometimes can be a cage that suffocates creativity. You can get caught up in the beauty of its rhythms and consistency. But symmetry can restrict if you never allow yourself to dance beyond it. When you are ready to move on, you may find yourself in a circular room, going round and round without any sign of an exit.

Symmetry, ultimately, must be broken in order for the currents of evolution to flow. Our obstacles are always tied to the release of that which is no longer in need. You have to break yourself upon this symmetry to find your cosmic dance. What remains, is still you.

Break the mandala!



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



# **GANESH** by Keith Prossick

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



# vote with your life

by stephanie kohler

Welcome to the voting season of our discontent. We have this dance oh-so-reliably every four years. It always espouses the same rhetoric, proclaiming that we have this ONE CHANCE, this SINGLE OPPORTUNITY to cast PARTICULAR VOTE that affects our lives.

But, given the abysmally low voter turnouts in the US, clearly many Americans don't believe the rhetoric of the ONE GREAT OPPORTUNITY to vote for president.

This fixation on the presidential election has tended to obscure that we have far more abundance of opportunity in our political process. As we continue shifting in the Age of Aquarius, we can expand into these opportunities.

Though dialogue disproportionately occurs more around presidential elections, we have many more smaller elections. These don't have the sexiness or exclusivity or that ONE GREAT ELECTION. But they affect our lives just as profoundly. Property taxes, sales taxes, judicial appointments, law enforcement and public safety decisions, educational resources—we are not limited by the ONE SPECIFIC OPPORTUNITY to vote for ONE PERSON. You can vote several times a year, every year, if you elect to do so.

But maybe you don't vote via ballots—perhaps due to age, citizenship, personal history, or personal principles. Nevertheless, I maintain that you are always voting, in an off-ballot way. Think of it as voting with your life.

The potential of this idea became clear to me over 10 years ago, when I was living in the northern part of Decatur. I was vegan, a choice that back then was a huge hassle and often a source of social tension. Intown grocery stores had a few vegan options. The only places with multiple types and brands of non-dairy milk were Rainbow Natural Foods and Sevananda.

One day, I was in a mainstream grocery store, in order to stock up on household supplies. I peeked into the “natural foods” section, which had never carried many vegan items. I was shocked—truly taken off guard—to find soy milk, which I'd never seen in a mainstream grocery store in the South. I was confused. I didn't think a mainstream grocery store, full of processed “food products” cared about the few hippie vegans in the area.

But then I thought about the location—I was across the street from Rainbow. I could nearly read the store window from the parking lot. I thought about the niche market traffic over there, and then I understood.

Do you? Or at least see the potential? Through our life choices, we vote constantly. Especially the choices which involve our wallets. Our food supply, our entertainment, our government, are dependent upon public participation.

Nowadays, all the grocery stores I visit have multiple types and brands of non-dairy milk, including in-house brands. Is that because Wal-Mart loves vegans? Somehow I doubt it, given that its employees aren't paid a living wage. But it does care considerably about satisfying the largest population of customers.

Since then, I think of life as ongoing votes—especially the choices of what I buy. Equally important: what I don't buy. With that perspective, there are abundant opportunities to vote.

But it's easy to forget that abundance when we're conditioned to the familiar narrative of the ONE CRUCIAL VOTE of the presidential election. The election cycle is a useful framework, to which we're very accustomed. Perhaps in our history, this framework was more relevant, more functional—delineating political process like a mandala delineates a sacred space.

Structure is important, but equally so not to be attached to it. When the mentality around it—the ONLY OPPORTUNITY hype—is so dysfunctional, breaking out of this structure becomes vital.

Voting of any kind is a way to create change. Any kind of change, evolution, transformation require expansions of thoughts and actions. This is one of those times. You don't have to wait until presidential elections to vote. You don't have to wait for rules to be adopted; you don't have to wait for laws to prohibit. Regardless of how you define your beliefs—spiritual, agnostic, religious, pragmatic, etc—you can exercise your power in the many choices you have every day.

I find all these options incredibly empowering. After all these years of voting with my life, it's hard not to view even small decisions as political. For example, I dislike many women characters in mainstream films. Too often they are boring, gratuitous, and predictable. Consequently, I don't see a lot of mainstream movies, so as not to encourage what I dislike.

But Mad Max: Fury Road? I saw that 3 times. In the theater.



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



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# STILL POINT

By Phoenix Lea

Hello Dear Reader. Let us get right into it today with a question, “are you able to handle the silence”?

Silence is PRESENCE, as the unknown. Silence is light moving into the darkness and the darkness comprehending it not - at first, but then as light expands into the darkness...the darkness recognizes the new presence, and begins remembering itself.

Your ability to navigate the unknown places and spaces within your heart and mind, are of the utmost importance at this time and in this season. The frequency of love and light is your internal guide, showing you the way to peaceable harmony as the outer worlds begin to unwind and fall apart. Your ability to hold yourself and those you love with a “conscious” consciousness is imperative as you stand as a light worker, assisting the collective and universal energies of the planet.

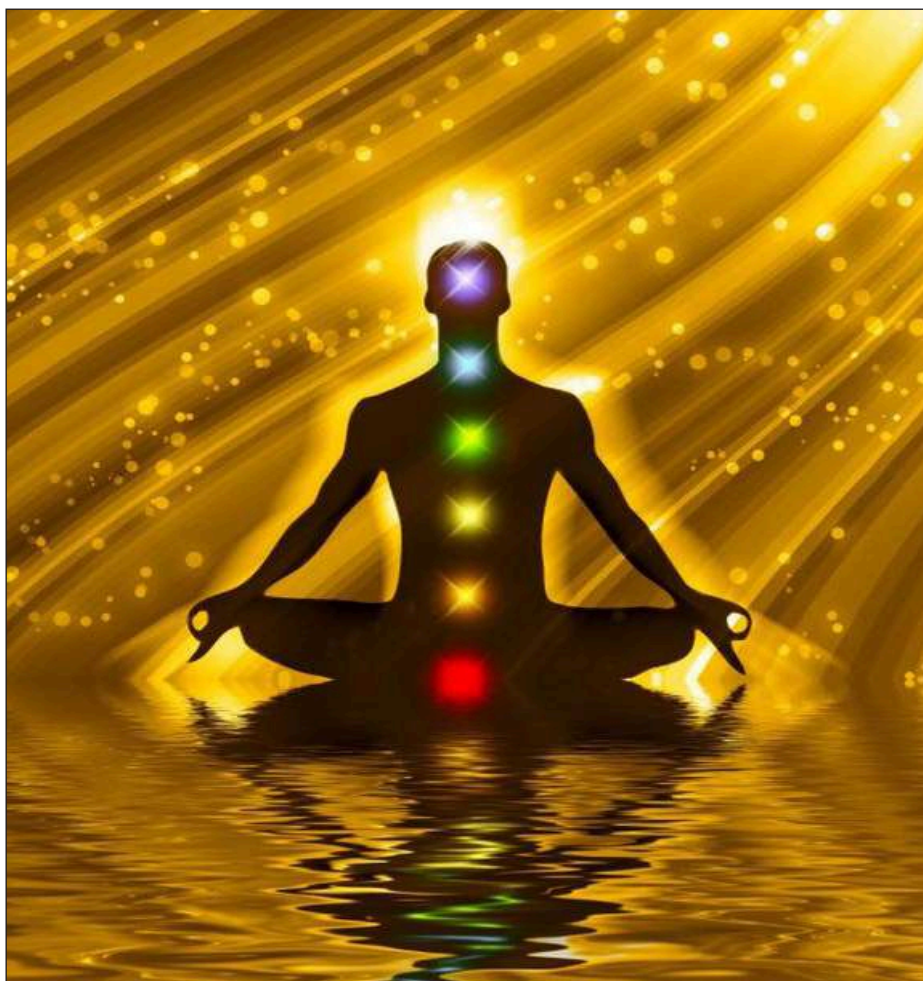
Self LOVE is your daily practice by now as you are available to extend your hearts and hands to others as a renewable source of compassion and strength. (Love your neighbor as you love yourself). “Conscious” consciousness is your ability to know your whole self without

judgement and extending that “no judgement” clause to others. This will eradicate fear. Clear expectations move you into a stance of curiosity towards yourself and others, as you are allowing them to choose their experiences without control or fear.

This is friendship, brotherhood, sisterhood and the true companionship of a lover. This is not a passive stance by the way. It is the art of awareness and allowing, the practice of detachment from having to understand and not react to everything as if it were personal. Only a peaceful person can be a peacemaker when called upon. We are magnets of PEACE.

Our Still Point for September is to practice holding your consciousness, conscious. You are I Am presence incarnate, as you move and have your being in this physical world. Remembering this daily will help you become more compassionate towards life. No one is perfect Zen all the time but we can alleviate our guilt and fears by reminding ourselves of our oneness. Hopefully as this happens within us it will be experienced all around us as joy, bliss and freedom.

I am Phoenix Lea  
A Clear and Perfect Channel



## Under the Bodhi Tree

By Awilda Rivera



### YOGA AND CHANGE

The only thing constant in life is change. From the moment we are born we are changing, and we are also acutely aware of all that is changing around us. Change is something that needs no catalyst - it is always happening. Over time we grow to understand that we cannot control the change: in our society, in the behavior of others, or in nature. The question soon becomes: “What can we control?” Simply put, our individual response.

How we respond, that is the only thing in our control. Change can cause a myriad of reactions from excitement to resistance. Yoga is an excellent tool for anyone dealing with change, especially if your response happens to fall anywhere on the spectrum below “excited”. Luckily, Yoga can act as a salve to help one get grounded when in the midst of change that may be overwhelming. A consistent yoga practice can provide us with several tools. It can help one keep an open perspective and create the internal flexibility needed to facilitate the cultivation of healthy future responses to change.

The following Yoga practices have helped me to embrace and adapt to change better over the last few years:

1. Simple Inversions: such as Viparita Karani (aka Legs up the Wall), Down Dog, or wide legged forward fold will help to shift stagnant energy from the feet back up through the body into the head. The physical act of placing the head below the heart, while in these poses, can help shift our perspective, giving us the opportunity to truly look at the potential change from another angle.

2. Simple Twists: such as Marichayasana (seated Sage twist) or reclined twist with bent knees can help to open up energetically clogged meridian lines in the body. Twisting will help to facilitate the release fixed views or opinions that no longer serve you - these views may be manifesting themselves as resistance to change. (Twist are not recommended if you have a severe spine injury, back

problems, during pregnancy, soon after surgery. After recent or chronic hip, knee, or shoulder injury please consult your physician before practicing yoga.)

3. Back Bends: such as Baby Cobra, Cobra, or Bridge have garnered the nickname “Yoga Paxil” because these poses are believed to be natural anti-depressants. This genre of poses help to open the chest, shoulder & abdomen. Opening the shoulders & chest allows for the physical and energetic heart to shed stagnant energy, and embrace new possibilities. (Backbends are not recommended for those who suffer from spinal stenosis or spondylolisthesis. If you have scoliosis please consult a doctor before you begin a yoga practice as backbends may also be contraindicated depending on the extent of condition)

Try incorporating these tips into your life so that you can embrace change with a new perspective, open heart, and unblocked energy flow. We can control our how we respond, and yoga can help us cultivate positive future responses to change. Until next month, Namaste.



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



# horoscope

## Virgo Aug. 22-Sept. 22

Ariel Rose is an Atlanta area  
Astrologer and Intuitive.  
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Sound Therapy.  
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### ♍ Virgo (August 23 - September 22)

Happy Birthday Virgo! You'll have a great deal of dynamic energy at your command this month and will have the ability to embrace positive new routines. A small indulgence or treat is a good idea - something to beautify your home or bring joy to yourself. Home life might feel a little tense as some people want to hurry up and others want to wait. Don't let it stress you out as this energetic pattern will start to shift later in the month and increase your optimism!



Queen Elizabeth the First



Mother Theresa

### ♓ Pisces (February 19 - March 20)

All relationships and agreements are highlighted in this balancing act month for the fish! You may find yourself feeling more critical of people and vice versa. Use this pressure to examine where healthful changes may be necessary in your life. Be willing to give and take with others to create harmony and greater mutual understanding. Romance is poetic and passionate, but you will need to wait until next month for answers to certain questions. Get any loose ends at work tied up so you'll be ready to take on new challenges or projects.



Michael Jackson



Bernie Sanders

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

Your immediate personality will be charming and attractive, no doubt you'll have your share of admirers! However, your soul is craving some time to heal, unwind and relax. You will be more emotionally and spiritually sensitive which can lead to upsets or arguments with others. Be extra gentle with yourself now and avoid abrasive people. This is a time for powerful inner healing of both your psyche and physical body. Focus on the connection between the two and notice you feel better when you think better!

### ♏ Scorpio (October 24 - November 22)

Your world-consciousness is high this month and you may find yourself wanting to shake up the status quo. The big issues you will feel most pressing are those of nutrition, food production, a clean environment and healthcare for the world. Your mind and words will be incisive and revealing. Use this power to write, speak or make a contribution to the causes you care about. Love and creativity will intertwine now, lending magic and sweetness to your relationships.

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

Career and public image are heightened this month and it will be hard to avoid the spotlight. Much of your hard work is starting to pay off, but that brings new responsibilities and challenges. You'll feel that total perfection is demanded and you should do your best to maintain a high standard while giving yourself grace for any mistakes. Be aware that your high energy can be seen as aggressive by others. Work to balance home and career, as your close friends and family need your emotional presence.

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

Travel and personal life philosophies are calling you this month and it could be the perfect time to take a much deserved break from work. September's Virgo energy is in harmony with your Earth element and getting organized and clearing clutter will come quite naturally now. Your physical energy is at a lower ebb, so make time for meditation, quiet and calm. Reflect on how much emotional progress you've made this year and use it to strengthen your spirit. Hold onto the deep truths that ground and stabilize you.

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

Still waters run deep for you this month and it will be an introspective yet powerful phase of the year. You will work through your usual desires to help and heal the world, along with a search for the personal power you need to make it happen. Take opportunities to socialize with people who could be sympathetic or helpful to your favorite causes or charities. A connection that seems insignificant now could turn out to be an enormous benefit to you later!

### ♈ Aries (March 21 - April 19)

Be ready to revise your habits and routines this month. Health and physical wellness will be key and if you haven't been feeling your best, it's time to eat better, sleep more and make time to exercise. If your energy has suffered from too many commitments, it could also be time to simplify your schedule and not take on too much work. If you're a student or in a class, you might feel that you're not learning as fast as you'd like. Be patient and take as much time as you need to absorb the details.

### ♉ Taurus (April 20 - May 20)

The practical nature of Virgo is in harmony with your sign and you'll feel the urge to organize your surroundings and get everything in order for the coming Autumn. Taking a creative viewpoint is beneficial to your well-being and can brighten even the most mundane tasks. Your connection to children and animals is vibrant and gives you an outlet for playfulness. You seek balance in all relationships and will avoid anyone who ruffles your feathers or pushes you to move too fast!

### ♊ Gemini (May 21 - June 21)

You're drawn to home and hearth this month and may want a well-deserved respite from your constant social engagements. Even though this may feel like 'down time', it's will actually create the balance you need. Clear your home and invite a few close friends over for a movie night or craft day. Take relationships gently now and don't push too hard if a new romance isn't moving super fast. Likewise, if you've hit a roadblock in an established partnership, be the peacemaker and seek common ground.

### ♋ Cancer (June 22 - July 22)

Communication and mental stimulation are important in this month of purification and organization. If you've been dealing with any stubborn health issues, consider alternative therapies or learn about solutions you haven't yet tried. You are likely in the process of developing new philosophies and beliefs about what creates better health and wellness. Home and family can be a comfort as long as you can avoid major conflicts and be diplomatic if disagreements arise.

### ♌ Leo (July 23 - August 22)

You'll be balancing finances and getting money matters into order this month. Lay a solid foundation for what you'd like to accomplish over the remainder of the year. Relationships and social interactions are friendly and harmonious, but definitely light and airy. Avoid deep or heavy conversations and simply enjoy yourself. You might be feeling crunched for time on a work project - try to pace yourself and remember a relaxed mind is a creative mind!

## Welcome fellow Stargazers!

The month of September opens with the Sun traveling in the organized and service-oriented sign of Virgo. This sixth sign of the Zodiac belongs to the element of Earth and is ruled by Mercury, giving them a sharp, practical mind-set. Virgo excels in any area that is related to health, purification, nutrition, therapy or accounting. Their eye for perfection rarely leaves any stone unturned and can keep less-organized signs in working order. They rule the stomach and digestion in the physical body and need clean, healthy foods and positive routines to feel their best. Their nervous system can also be highly sensitive and needs time to re-energize, clear and balance. Meditation and relaxing spiritual habits are highly beneficial and calming to all Virgo natives.

The inner critic is a key part of the Virgo mentality and they should practice being aware of when they are too harsh in demanding perfection of themselves and others. Mistakes are part of life, but Virgo can have a hard time when things don't go according to plan. The Virgin is a hard-working, modest and giving personality and should realize they have many positive attributes the world has great need for. Remember to give yourself grace and patience as you make your way through life - we are all human after all!

September is a powerful month with a Solar and Lunar eclipse that create large energetic shifts in consciousness. Thursday the 1st begins the month with a Solar Eclipse in Virgo at 5:07am EST. It's time to embrace healthy changes, which will manifest in areas of physical and emotional healing, how we take care of our bodies and removing toxic people or situations from our lives. The following Lunar Eclipse on Friday 16th occurs in Pisces on our Full Moon of the month at 2:54pm EST. Expect this to be a very emotional period, as Pisces releases the floodwaters of spiritual and creative sensitivity. You may need to cry, laugh, dance or do some activity to help shake off some of this energy. A Lunar Eclipse encourages us to 'let go' of anything hurtful or negative - especially if we've gotten attached to it - and be willing to experience something better.

Mercury retrograde is also with us until Thursday 22nd and turns direct that day at 1:31am. Until then, be extra patient with yourself and others. Don't sign contracts, avoid having or scheduling surgery, weddings, large purchases or anything that can't be reversed if needed. Avoid conflicts, because arguments during this time will tend to go nowhere. Have those important conversations AFTER Mercury goes direct!

Blessings for a healthy and whole month of September!

AQ



Welcome to the new Monthly Moon Calendar! I invite you to read the Moon Calendar as a way to align yourself with the emotional energies that are available to all of us every day as the Moon waxes and wanes around us, traveling through the signs of the zodiac and making connections with the planets. Each planetary connection and each sign traversed create different energies that we can tap into and that affect us inwardly. The Moon represents emotional energy – the energy of Mother, the influences of home, family, and hearth. Luna symbolizes our instincts, our reactions and responses to the moments that touch our feeling natures. Use the Moon Calendar to align yourself emotionally with each day's lunar inspiration. The Calendar is not a predictive tool, nor does it outline events that will occur, but it is co-creative - an opportunity to align fully with the visceral energy that impacts us on a daily basis. One of the best ways to fully align with the emotional environment of each day is to meditate with the moon. In just a few minutes you can feel your way into each day authentically, activating your emotional body and aligning on-purpose. Beautiful. And thank you so much for being here!

**This Month's Moon – Eclipse Season!**  
With the New Moon Solar Eclipse on September 1 falling across the signs Virgo and Pisces, and with the influence of Neptune, Mars, and the Nodes of the Moon, the energy is intensified around taking affirmative action toward letting go of victimization and co-dependence on one hand, and learning positive, healthy service to others on the other. What we have really, is the quest for redemption and confident right action. The Full Moon Lunar Eclipse on September 16 asks us to think about, analyze, and

communicate about our wounds from the past. It's an opportunity to shine light on old habit patterns that no longer serve us, and to energize around ways to break those habit patterns in favor of new modes of action that are more aligned with who we are now. Both the Solar and Lunar eclipses have Mars in Sagittarius squarely in the mix... this seems to be putting impetus behind our emotional quests, our spiritual journeys, and our healing capacity, moving us toward greater wisdom with an energy of optimism and hope for the future.

On a higher vibrational level, this eclipse season is an extraordinary time to open widely to your inner divine nature, and make positive strides towards compassion and a vibrant spiritual practice.

Please join me on the Aquarius website at [www.aquarius-atlanta.com](http://www.aquarius-atlanta.com), in the Monthly Moon Calendar section, for a recorded Eclipse Meditation that you can use all month long. It won't take much time out of your day, and is a beautiful way to stay attuned the meaning of this intensely healing Eclipse Season.

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



September 2016 Virgo (8/22 - 9/22)

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



VIRGO

sunmon tues weds thurs fri sat						
Using the Monthly Moon Calendar "Words for Meditation"						
1. Sit comfortably – any position that feels good to you. 2. Select a word, phrase, or sentence from today's date in the Moon Calendar. Close your eyes. 3. Breathe in deeply for 8 slow counts focusing on your word or phrase. Really make it your own and focus on it in terms of your own life, with the intention of emotional healing. 4. Hold the breath for 4 slow counts focusing on your word, phrase, or sentence. 5. Exhale for 8 slow counts, releasing your word, phrase, or sentence into the world with love as a positive energetic invitation to others to heal. 6. Hold with no breath for 4 slow counts focusing on emotional healing. 7. Repeat the process with the same word, phrase, or sentence until it feels emotionally and energetically clean and clear. 8. Repeat the process from #2 with the next word, phrase, or sentence. May each day spent meditating with the Moon be magical!!						
4 moon void beginning 8:30pm	5 moon void until 8:38am	6	7 moon void 8:43pm to 9:20pm	8	9 moon void beginning 8:51pm	10 moon void until 8:55am
Moon in Libra: Be open to liberating new ways of being in relationship. Don't be afraid to dive deeply./ <b>transformation; emotional depths; liberating new shifts; fearless in the dark</b>	Moon in Scorpio: Tap into the cycles of life and death, of attachment and letting go/ <b>nurture emotions; trust the body; cycles are life</b>	Moon in Scorpio: Let your emotions flow freely today and express your loving heart./ <b>flow without losing Self; open in awareness; life is love</b>	Moon in Scorpio: Let your confidence guide you, and trust yourself to make noble decisions./ <b>kindness; confidence; self-trust; self-assurance</b>	Moon in Sagittarius: Step into a sense of stability and enduring faithfulness in the future. / <b>enjoy accomplishments; enduring faithfulness; emotional commitments</b>	Moon in Sagittarius: Hot headedness meets cool analysis meets a teaching op. Smooth the way./ <b>trust your instincts; analyze your motives; be there</b> FIRST QTR/Jupiter Enters Libra	Moon in Capricorn: Beware exaggerated emotions – progress with kindness and generosity instead./ <b>balance expansion and containment; feel fully, respond kindly</b>
11	12 moon void 6:00am to 5:28pm	13	14 moon void 11:31am to 10:23pm	15	16 moon void beginning 3:05pm	17 moon void until 12:22am
Moon in Capricorn: Ground in your emotional depths and share with a loved one./ <b>purify obsessions; transform values; create beauty</b>	Moon in Capricorn then Aquarius: Be open to the good vibrations and flow with the unexpected./ <b>emotional risks = new happiness; brilliant ideas open doors</b>	Moon in Aquarius: A Spock like day. ☾ Analyze your emotions and your commitments/ <b>the beauty of independence; lean into self-authority</b>	Moon in Aquarius: Take brilliant new action EARLY then use high energy to enjoy life (w/out expectations!)/ <b>motivation AND action; love AND individuality; happy surprises</b>	Moon in Pisces: Balance beauty with structure and self-indulgence with self-authority./ <b>the strength of love; the effects of compassion; dreaming into reality</b>	Moon in Pisces: Take action toward healing adversity & co-dependence. Bridge building is possible./ <b>service to, not servitude; healing the past</b> FULL MOON LUNAR ECLIPSE	Moon in Aries: Early upbeat energy offers a lift from yesterday's eclipse. Later, manage intensity/ <b>wealth of feelings; positive intentions; breaking taboos</b>
18 moon void beginning 4:11pm	19 moon void until 12:58pm	20 moon void beginning 11:32pm	21 moon void until 1:53am	22 Sun enters Libra Mercury Goes Direct	23 moon void 3:57am to 4:33am	24 moon void beginning 9:42pm
Moon in Aries: Engage in fair play if there are emotional fireworks. Balance Self with Others/ <b>independence isn't loneliness; genius deserves action</b>	Moon in Taurus: Feed your body, and the bodies of those you care for, good nourishing food/ <b>honor the body; the beauty of the senses</b>	Moon in Taurus: Be confident in your core and listen to your Soul's deepest urgings/ <b>evolution of the Soul; strength of being</b>	Moon in Gemini: Distill wisdom from your knowledge of reality, illusion, and analysis./ <b>wisdom bubbling up; the silver lining in challenge</b>	Moon in Gemini: Releasing and liberating energy to move forward into the new Season!/ <b>brightness and positivity; invigorate relationships</b> FALL EQUINOX	Moon in Cancer: Be social today and spend time with loved ones. Embrace renewed faith!! / <b>love is interdependence and acceptance</b> LAST QUARTER Venus Enters Scorpio	Moon in Cancer: Shake up your home with fresh new ideas and deep transformations/ <b>focus on heart and hearth; speak your feelings</b>
25 moon void until 9:48am	26	27 moon void 4:52am to 5:43pm	28	29 moon void beginning 6:05am	30 moon void until 3:52am	
Moon in Leo: Let your creative juices flow. Nurturing others brings out the best in you/ <b>peace and harmony; generosity of spirit</b>	Moon in Leo: Confidence and creative flow can be directed toward satisfying accomplishments/ <b>embrace joy in life; recognize small accomplishments</b> PLUTO GOES DIRECT	Moon in Leo then Virgo: Move where inspiration leads you today, without an agenda./ <b>positive action without expectation; creative flow; pay it forward</b> MARS ENTERS CAPRICORN	Moon in Virgo: A push-pull day between dreams and responsibilities. Think of the future/ <b>emotional responsibility; working toward spiritual practice</b>	Moon in Virgo: Use this Void Moon day to introspect in preparation for tomorrow's New Moon/ <b>bridging heart and mind; reflecting on desires and commitments</b>	Moon in Libra: Wonderful, optimistic energy available for bright new beginnings/ <b>faith in the future; new meaning in life; enthusiastic expansion</b> NEW MOON IN LIBRA	





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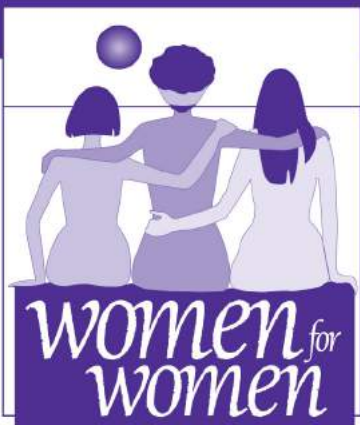
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## The Legend of the Healthy Apple

The apple seems to have had the widest and most mystical history in the popular tales of many countries. Aphrodite bears it in her hand, as does Eve. The serpent guards it, and the dragon watches it. It is the healing fruit of the Arabian tribes, and it bestows immortality on the Turks.

Greek mythology relates that the origin of the Trojan War was attributed to the Apple of Discord, a golden apple thrown down in front of an assembly of the gods by the goddess of hate, Eris. Inscribed "For the Fairest," the apple was claimed by the three most eminent goddesses – Hera, Athena, and Aphrodite. Appointed to choose the most beautiful of the three, Paris was offered power and riches by Hera, wisdom and fame by Athena, or the most beautiful woman in the world by Aphrodite. Yielding to passion, Paris chose Aphrodite. He got what he desired, but in the process started the lengthy Trojan War, since the beautiful Helen just happened to be somebody else's wife.

Another myth involves Hercules' obtaining the golden apples from the Gardens of the Hesperides, faithfully guarded by a sleepless dragon. One of the Norse myths tells of the goddess Idun, who supplied magic apples to all the gods so they could stay eternally young. The fairy tales of the Brothers Grimm, which are all taken from old folktales and myths, have a least four stories involving apples, including the famous story of Snow White.

Apples are one of the most versatile of all fruits and are used in every type of dish from main courses to salads and desserts. Sliced apples can be kept from turning brown by dipping them into an acidic solution such as lemon juice and water. Apple seeds are best discarded, as they contain moderate levels of cyanide. Seventy-five percent of the insecticide spray that is used on apples also ends up in the core and seeds. The small number of seeds in the typical core poses little risk of serious poisoning, since it takes an estimated half-cup of seeds to kill the average adult. It is best, however, to remove the seeds before giving apples to children.

In medicine the disinfectant and therapeutic qualities of the apple are highly valued. Naturally antitoxic, apples can modify the intestinal environment by reactivating the beneficial bacteria that normally flourish there. Apples are a highly digestible alkaline food; they have a high water content, around 85 percent, which quenches both immediate and cellular level thirst.

Apples contain pectin, a gel-forming fiber that supplies galacturonic acid to prevent the putrefaction of protein. Pectin content also helps make apples an excellent intestinal broom, working as a bulking agent to gently push through the digestive tract and cleanse it along the way. This effect is particularly noticeable when impactions are present. Pectins are also powerful in protecting against the toxic effect of certain chemicals in the diet such as cyclamates. Studies indicate that eating apples daily will help reduce skin diseases, arthritis, and various lung and asthma problems.

European research shows that apple pectin binds with radioactive residues and removes them from the body, along with lead, mercury, and other toxic heavy metals.

Whether you are enjoying a wonderfully crisp Gala, the delightfully tart Granny Smith, or one of the oldest American varieties, the Winesap you are sure to enjoy each and every bite and quite possibly keep the doctor away.

### Raw Apple Crisp

9 apples  
 1 cup raisins  
 1 cup celery  
 1 tsp. cinnamon  
 1/4 tsp. nutmeg  
 3 Tbs. lemon juice  
 1 cup walnuts  
 1 cup medjool dates  
 pinch Himalayan salt

Soak the raisins in 2 cups water for a few hours and drain to soften them. Put 2 apples, raisins, 1/2 tsp. cinnamon, nutmeg and salt in the food processor and process until smooth and creamy. Chop the rest of the apples and combine with lemon juice and pour the smooth apple mixture over the apples and mix. Put this mixture in a bowl or baking dish. Pulse the walnuts, dates, 1/2 tsp. and a sprinkle of salt the food processor into a crumble (don't over process). Sprinkle the date/nut mixture over the apples and enjoy a delicious treat!



**LOUISE HAUCK**  
 'Time-Traveling' Intuitive Spiritual  
 Counselor — **Presents**

**SOUL-TO-SOUL TELEPATHIC  
 COMMUNICATION  
 FOR THOSE WITH DEMENTIA**

**September 17<sup>th</sup>**  
 Art Institute of Atlanta  
 6600 Peachtree Dunwoody Road,  
 Atlanta, GA 30328

**Presentation:** 10am -12pm (\$20); **Workshop:** 1:00pm-3:30pm (\$35)  
**Presentation + Workshop:** \$50; **Limited seating** – 40 max

Louise will discuss her recent successes utilizing this amazing higher-self, telepathic functionality to interact with those suffering from the effects of Alzheimer's, stroke, dementia, and autism.

**Special Guest:** Hear Dan Goerke's remarkable story about his ongoing telepathic communication with Denise, his beloved wife with late stage Alzheimer's.

Louise will conduct 'mini readings' at the end of her talk. Given the emphasis of this topic, she will focus on relaying messages from the higher self of random participants' loved ones existing in the physical who are unable to communicate.

**WORKSHOP:** Louise will show you how to enter *Streaming Consciousness* and tune into this remarkable frequency. She will take you through fun exercises that will fine-tune your own intuitive gifts, show you how to access timeless, multi-layered information from the stream—and how to utilize this amazing feature of connectivity.

Louise is the author of *Beyond Boundaries*, *The Adventures of a Seer*, *Heart-Links*, *Fearless Future*, and *Streaming Consciousness*. [www.louisehauck.com](http://www.louisehauck.com)

**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)



# The Power Of Belief

## The Intuitive Therapist ... Janis Cohen



"Under all that we think, lives all we believe,  
like the ultimate veil of our spirits."  
~ Antonio Machado

Beliefs make the difference between success and failure. What you believe determines what you will do. Beliefs are the meaning that comes from certain situations. A belief is a feeling of certainty about what something is going to mean to you.

Each of us has a core set of beliefs that originated from different experiences in our lives. Yet, most of us don't realize what they are or exactly when we decided to believe what we believe. We become remiss when we hold a situation accountable for what we believe. We all would be better served to live from an understanding that it is not the events in our lives that shape us, but our beliefs as to what those events mean.

Our basic belief system creates a sense of certainty and it is black and white; I can or I can't. If we reinforce a belief long enough, rehearsing it in our minds, then it creates a sense of certainty that settles itself into our body's memory.

A perplexing question that I ask my clients is, "What does that mean about you that X happened?" Usually, clients repeat this question out loud as they consider their answer. They take a moment and then identify the label that they have given themselves because of an experience. "I'm a success." "I'm a failure." "I'm inadequate." "I'm strong." "I'm a loser." "I'm just like my father." "I'm not good enough." Once the client is able to distinguish who they believe they are from the experience they have, then we can begin to develop a strength-based approach to their self-definition, altering their dis-empowering belief system along the way.

The challenge with disempowering beliefs is that they begin to limit our quality of life. Not only do we form beliefs without intentionally doing so, but we also form these beliefs based on misinterpretations of what has happened. Once this occurs, then these beliefs become our absolute truth.

When a client comes into a session feeling negatively, it's important for me to find out if they believe they are in pain or suffering. I ask certain questions to distinguish if what they are saying is because of a single incident or if it is rooted in historical thinking. If someone believes that they are in pain, they, on some level, know that it is temporary. If someone believes that they are suffering, then they have adopted a pattern of beliefs that result in the feeling that the pain will never end.

According to Dr. Martin Seligman, there are three categories, three specific belief patterns, that a person must practice in order for him to feel completely resource-less. He calls these categories permanence, pervasiveness and personal.

For a person to believe that they are suffering, they must believe that the problem will never go away (permanence), that it affects all aspects of their lives (pervasiveness) and that there is a problem with you as a personality defect, and therefore you have no power to change your life (personal).

To facilitate breakthroughs with my client's means that I must help them change the beliefs that cause limitation. The only way I can do that is for me to help their brain to associate massive pain with their choice to hold onto the old belief. Then, I help them associate remarkable pleasure to the idea of adopting a new belief, one that empowers them.

### Create Doubt to Change a Belief

When I am able to create doubt around a client's limiting belief, then I can change the belief entirely. Most of us have habitually used a belief or a set of beliefs to defend ourselves from past pain. We carry these beliefs forward and apply them throughout our lives as an additional protective mechanism. It's as if we believe that at some other point in time, we will experience the same type of pain and must be prepared and protected. The problem with this defense mechanism is that previous beliefs become old, inapplicable and destructive. We have used them so much that we become completely aligned with them, even if our lives have dramatically changed and there are no current or perceived reminiscent threats in our lives.

I question the limiting belief and interrupt my client's pattern of certainty; shaking up the previous references that they used to justify their tight hold on their limiting belief. It is at this point of uncertainty that I can help my clients open themselves up to adopting new and resourceful beliefs that immediately improve the quality of their lives.

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

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# AQ intentionology

## The Tree Of Life

United Intentions Foundation  
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Carina Hofmeister

"The clearest way into the Universe is through a forest wilderness."  
John Muir

We have been on this planet for thousands of years. Thanks to nature, our species found expression as another masterpiece of Mother Nature's many beautiful creations. Now that we have got used to our existence and rarely perceive it as a miracle anymore, we wonder why we are "put" on this earth. We are trying to understand the spiritual truth of our existence.

On the most fundamental level, we are just another sequence of nature's essence, which mirrors our being in form of a deep interconnection of all there is. Thus, we need to approach the idea of nature's essence first in order to understand our own.

When we look at a tree we find one of the oldest biblical and spiritual symbols and representations of nature. The tree is known for many things; among others as the tree of life.

The tree is a fundamental representation of life with its roots representing our deep connection to mother earth itself and whose branches might differ in shape and form; however, they are all reaching for the sky. Just like the branches, we point at different directions and grow at our own pace but ultimately we all desire to reach for the Light.

Through years of storms and change of seasons, the tree's strength is challenged and it gets damaged, however, the individual experiences make each tree unique and thus it stands taller and prouder as the years go by.

Many parallels can be drawn when comparing the essence of the tree with the human spirit. This is why it is not surprising that the tree became a common symbol of life, ancestry, mythology, lessons of the spirit, history, lineage, and hope for the future as the tree is a symbol for climbing to the heavens. Just like any other life form the tree emits a special vibration that even though it cannot be seen, has emotional, mental, and spiritual healing powers.

The tree's roots reach deeply into the earth, which leads to a powerful grounding energy. Because we live in a universe that communicates through the exchange of vibrations, we are able to resonate with the tree's energy and this process makes us more centered and grounded as a result. When we are within the tree's aura, we benefit from the slow, deep, and highly concentrated vibrations the tree is emitting whether we are consciously aware of it or not. Yet, most of us have felt the blissful state of mind after a walk in nature and the sense of peace in our hearts while being around trees. This is attributed to the natural energy vibes of safety, security, stability and connectedness trees give out.

Some of the most inspiring people of human history have used this knowledge to their advantage like Buddha who found enlightenment beneath a Bo Tree. Plato and Aristotle also did their best thinking in the olive groves around Athens.

According to the Taoist theory, everybody can benefit from the tree's high vibrational grounding energies. The Taoist master Mantak Chia teaches in his Cosmic Tree Healing Qigong method how to align one's body with the energetic field of a tree as a way to release personal negative energies. Because trees stand very still and have their roots reaching deeply into the earth, they are excellent at absorbing the Earth's Energy as well as the Universal Force from the Heavens, which is indicated through the tree's crown that reaches high into the sky. These conditions make the tree a natural processor that can help to transform physical and mental sickness into health by giving out vital life force energy.

Vital life force energy connects all of us so that even a tree, which seems so unlike our own species, possesses it and can give it to us to heal our spirit and beyond. Our physical form might differ but in spirit we fly on the same vibrational level and we will always meet each other there in this invisible but loving and life-promoting realm.

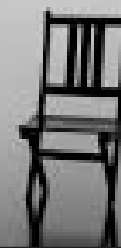
Where we lack the presence of the life force energy in our lives is likely where we miss the presence of trees. The appreciation and protection of trees is crucial in order to promote the planet's health on a physical and energetic level, which in turn promotes our own well-being as a result of the vibrational interconnectedness on earth.

<http://awakenedvibrations.com/post/63695524089/tree-hugging-now-scientifically-validated>  
<https://www.psychologies.co.uk/body/the-healing-power-of-trees.html>  
<http://www.psychicsuniverse.com/articles/spiritual-insight/spiritual-power-trees>  
<http://www.old-earth.com/meaning-tree-of-life.html>

Carina Hofmeister is a German native who decided to pursue Journalism major in the US. She loves feeling inspired and expanding her horizon by meeting new people because she believes everybody has something important to share.

## Surgery Of The Mind

Jennifer Butler



I recently learned just how loud, powerful, and transformative silence can be.

I completed a ten-day silent meditation retreat at the Southeast Vipassana Center in Jesup, Georgia. All I knew was that there'd be 100 hours of meditation, I'd be away from any electronic communication device, and I'd be fed simple, vegetarian meals.

In my mind, all I was thinking was: vacation.

I also thought that the 100 hours of meditation would be similar to the way I normally meditated. My typical approach is to slow my breathing and relax my body to the point of my consciousness shooting out of my physical presence and astral traveling to different galaxies and different dimensions.

This is not Vipassana meditation. Vipassana does not work by escaping the body and playing in the clouds. It is done by escaping the clouds and playing in the body.

We started with observing the breathing exactly as it was occurring. This seems simple. I suppose it is. But this simple pebble of objectively viewing breath begins a splash which can cleanse and purify even the deepest parts of the mind. Vipassana is referred to as "surgery of the mind." By first focusing on the breathing and then moving to a concentration on subtler and subtler physical sensations of the body (all without any reaction or judgment), one is able to move to the deepest level of the unconscious... To the root of one's defilements, character defects, traumas, and repression.

It is at this level that one begins to truly heal. Sitting still and viewing life as it is in each present moment allows space for the thoughts, emotions, and physical sensations to come forth and be felt. Y'know, all the things we normally avoid or judge or try to control.

I didn't know what would come up during meditation. Pretty much everything did. Which sounds scary. However, in the gently progressive and repetitive way that the technique is taught, the layers were peeled back in a way that helped them to be palatable. Also, "palatable" received a new definition for me. As did my idea of comfort.

Upon talking to the other participants at the completion of the course, there wasn't a single one who didn't come up with some elaborate plan on how to either leave or call a loved one. Alas, those who stayed managed to prevail. We observed the inner whiny voice wanting us to quit, but we didn't react. We continued until the very end.

For the duration of this retreat, I promised myself to be fully dedicated. I promised myself that I'd stay, no matter what, and that I'd follow the rules and [rather demanding] schedule. I knew that, if I didn't give my all to this technique, I'd always wonder "what if?" I'd always question what would have happened had I gone deeper or taken it more seriously.

And so, I pushed myself. I felt more physical and emotional pain and discomfort during some of the sits than I've ever before experienced. And yet, I remained. I didn't listen to the voice that told me to run. I didn't shut down and shoot out of my body. I stayed. I breathed naturally. And I felt into the physical sensations as layers upon layers of traumas and pains were energetically released.

Here's the thing: Change is inevitable. Everything is constantly changing. If I glance at the tree outside and then glance again in five minutes, it's not the same tree I previously viewed.

Emotions, too, are constantly changing. There is a natural ebb and flow. The feel-good feelings are impermanent just as the ouchy feelings are impermanent. Oftentimes, we understand this at an intellectual level, but we still fight with the bad times and cling onto the good. Before this course, I even struggled to enjoy the blissful times because I lived in fear that something bad was bound to happen.

This surgery of the mind embodies this knowingness, retraining one on how to handle and react (by not reacting) to the ups and downs of life. It retrains on how to withstand discomfort. It shows in an experiential way that, by sitting with a feeling rather than running from it, the discomfort inevitably leaves. It never lasts.

And what remains is still you. Except this time, it's an even deeper, more authentic, less reactive version of you.



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## Breaking The Glass Ceiling... It's Not Just for Women Anymore

While the phrase glass ceiling is metaphorical, many who find themselves bumping their heads on it find it very real indeed. It is most often used to describe the sexist attitude many women run into at the workplace. In a discussion of ascending the corporate ladder, the word "ceiling" implies that there is a limit to how far someone can climb it. But the limitation can encompass many others besides women.

Along with this implied barrier is the idea that it is made of glass, meaning that, while it is very real, it is transparent and not obvious to the observer. The term is most often applied in business situations in which women feel, either accurately or not, that men are deeply entrenched in the upper echelons of power, and women, try as they might, find it nearly impossible to break through. So does this just apply to women, or in fact does it describe anyone who is different?

People are stopped from progress and promotions daily based on gender and race, but it goes further to include; age, religion, sexual orientation, gender preference, disabilities, language, accents, nationality and even body type. Proving infractions can be nearly impossible because they lie within the head of the decision maker. This invisible barrier creeps in and can be the deciding factor in hiring and all sorts of opportunities which rely on subjectivity.

This year we have elected our first female candidate for president, and although this is a major step forwards, she is still subjected to comments about her hair, clothes and the shrillness of her voice. This article is not a commentary on Hillary Clinton, although here is a woman who has amazing credentials and experience yet the media and others still nitpick and judge at the lowest denominator, one nobody would use as a measurement for a man. Female newscasters seem to come under the same biased scrutiny in comparison to their male counterparts. An older man may be described as distinguished where an older woman is haggard.

Those on the path of conscious awakening are finding that being true to themselves is paramount as we shift, but can you afford to be authentic at work where these conformist requirements and hidden agendas exist? The Law of Attraction identifies that what you focus on creates, therefore if you are constantly in a state of anxiousness regarding the limitations or are trying to mold yourself to fit in, you'll merely attract more challenging opportunities to keep doing the same.

The way to change personal circumstances, the work environment or even the world, begins with you and your intention. Accepting responsibility and being authentic begins to shift everyone and everything around you. Walk your walk, talk your talk, set an example. Take action.

With that comes a surety, a personal confidence that I call presence. It is when your essence exudes an authority that you know who you are and are not afraid to show it. The French call it je ne sais quoi, something that is difficult to define or express, yet you know it is there. This is also commonly called the "it factor", when someone has an air about them that others take notice of.

Presence is the way you show up, the energy you have around you. People who are successful have a strong sense of self or presence. These are some of the traits of people who have a strong presence:

- Look confident and comfortable
- Speak clearly and persuasively
- Think clearly even under pressure
- Act with intention
- Reflect on their emotions, attitudes and situations, then adapt
- They accept responsibility for themselves and the results they achieve
- Authentic, real, present their genuine character
- What they say and do matches who they are

By embracing those qualities, you will be unstoppable. We are living in an exciting time, when so much is changing and we are bursting through old paradigms and beliefs. Developing a strong presence, living in integrity, creating goodwill and communicating those values effectively will enable you to break through the barriers, no matter if they are glass or pre-conceptions in one's mind. Live boldly.



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# Actor's Express's Suave, Cool, Sleek Update of Sondheim's Remarkable Ode to Love and Partnership - the 'Best Musical' Winner "Company" - Opens Season 29, extending thru Sept 11th



Actor's Express's suave and sleek update of Sondheim's 1970 hit musical "Company," does eloquent and artful service to the musical master's magnificent ode to the ambiguities of love, marriage and the single life. Now playing and extended through September 11th at the King Plow Arts Center in Atlanta, this upscale rendering of the show that was nominated for a record-breaking fourteen Tony Awards and won six, including Best Musical, is smoothly and flawlessly directed by AE's gifted artistic director Freddy Ashely. This "Company" which opens Season 29 will have you alternately singing, weeping and laughing as Bobby and his married or nearly married friends grapple movingly and musically with the whys and wherefores of our collective drive for love.

At the show's center is the eternally single, imminently likeable Bobby played and sung with cool Sinatran precision by Lowrey Brown. In his dream role as the chronically charismatic bachelor, Brown admirably demonstrates his paternatural range and deceptively laid back understatement which enable him to surprise us when he hits the high end of the register both musically and emotionally. This tour d' force role culminates with the show and his final solo - the hauntingly beautiful "Being Alive."

Bobby's soul searching story begins on the eve of his surprise 35th birthday as if such a chronological mark hit an imaginary deadline for commitment. The show's cast - its five wonderful couples - all fabulous with a special shout out to the pitch perfect Steve Hudson as Larry who never, ever misses a beat and keeps it real, three girlfriends and single guy Bobby - endearingly and triumphantly explore the panic of commitment with the rewards of companionship and marriage. All of this is made poignantly clear with such exceptional ensemble numbers as "You're Always Sorry, You're Always Grateful;" I'm not sure it has ever been said or sung better in the musical lexicon. It has been said that shortly after Sondheim wrote the music and lyrics, he himself embarked on his first full blown romantic relationship.

Among Bobby's perennial conquests is April, an ostensibly shallow but surprisingly deep flight attendant played with comedic appeal by Kelly Chapin Martin. The two's love scene culminates with the memorably bittersweet "Where You Going? Barcelona". Two other girlfriends are the lovely Kathy, played with intelligence by Emily Stembridge, who could have made a go with Bobby but didn't and the excitable Marta played by the jazzy Jimmica Collins. Marta is a fiery, eccentric young woman in love with love and New York City and Collins takes an exuberant fresh look at the the famed and frenzied, generally angst-ridden "Another 100 People Just Got Off of The Train." These three pipe in in syncopation of their sexually charged but emotionally vapid escapades with Bobby in one of the show's highlight numbers. This fun and delightful song starts with "Bobby, Bobby Bubi, Robby, Robert darling" and ends with the definitive "Bobby is My Hobby and I'm Giving Him Up!"

Throughout the show, Bobby's good friends - five wonderful married or nearly married couples - try to cajole Bobby into dipping his toe into prospective marriage at the same time vicariously enjoying and envying his exploits.

Sondheim's staccato talking-story, lyric-laden song style which revolutionized the musical genre has secured the ground-breaking "Company" together with his half century of contributions in the annals of musical theater. Here the emotionally complex realities of contemporary modern urban life and relationship are parlayed into brilliantly written and conceived scene after scene and gorgeous song after song: From the frenzied pre nuptial breakdown of Amy in a frantic, scene stealingly hilarious interpretation by Jessica Miesel of "I'm Not Getting Married Today," to the below-the-belt hitting anthem "Here's to the Ladies Who Lunch." This show stopping, bitter rail against the conventions of conventional life is sung by Joanne, played with hot directness by AE's long time cabaret chanteuse Libby Whitmore who adds sass, bite and fire to both the role and the formidable Sondheim classic. Many have this one etched into our psyches by the late great Elaine Stritch from the show's original Broadway run and on-going soundtrack.

You've seen Ashley's musical theater savvy and adroitness with last season's "Sweeney Todd," and the season before's transcendental "Rent." Now you have a chance to see why the New York Times called "Company," "unexpectedly stirring"

and "era defining." It is by all means a must see for the ever growing ranks of AE's devotees, the musical theater lovers among us and aficionados of the great genius Stephen Sondheim. Now that should include just about everybody!

Call the box office now for tickets at 404-607-7469. These tickets are hot, hot, hot, so don't delay! Upcoming shows include the "Little Shop of Horrors." For more about the season go to [www.actors-express.com](http://www.actors-express.com). Actor's Express is located at 887 West Marietta Street NW, Atlanta, GA 30318. Parking can be paid for at the Box Office as well.



Cathy H. Burroughs has covered theater and performance for Backstage Magazine, Atlanta Intown, BOLD Favor and The Aquarius Magazine, TheaterWeek, High Performance, The Washington Times, The Baltimore Sun and others. She also writes about the metaphysics, travel and more for The Aquarius, [www.journeypod.com](http://www.journeypod.com), ECreative Magazine, Atlanta Intown, Points North, BOLD Favor and 17th South Magazine and others. She is a noted psychic/astrologer and her company Psychic Solutions Entertainment provides world class psychics and entertainers for private parties and corporate events perfect for Halloween. Carl Llabres frequently covers the theater scene as well and is both a metaphysical and creative writer. To schedule a session with Cathy or learn more contact [Cathyb108@aol.com](mailto:Cathyb108@aol.com), cell/text: (404) 543-1080 or check out [www.psychicsolutions.tv](http://www.psychicsolutions.tv).





**3 OF SWORDS:** There will continue to be fear and anxiety in the world as we get into September. All the unsettling news of the summer will have an impact on how the world is viewed and the perception that things are still going awfully awry. Although we can do little to impact the behavior of others who cause chaos, we do have the ability to alter the way we look at all that is happening. Despite the bad news, we can continue to envision the world bathed in pure white light, surrounded by St. Germain's violet light of transmutation. We can send love and healing energy to those who are adversely affected by any negativity. We can stop watching mainstream news, which just encourages the fear instilled through all the negative events to continue on and on. We also must believe that things will get better, but they may get worse before we see the light at the end of the tunnel.

**2 OF SWORDS:** It is time to remove the blinders of what is truly going on in the world. Rather than trusting the news shown on mainstream TV stations, why not choose to explore alternative news sites on the internet to get a different perspective? The truth is being hidden from us, and as more people awaken to this fact, change can happen, starting at the grassroots level. The sadness created in the last few months is a wake-up call for those who have been sleeping and have been oblivious to what has been occurring in our world. We must continue to educate ourselves and dig for more information, then use discernment to decide for ourselves what to believe.

**ACE OF SWORDS:** By looking for other sources of information, we provide to ourselves new mental energy and new ideas. Let all the Swords energy of this month help you cut away the lies, deceit, and disinformation so you can free yourself from fear and worry. It is up to us to seek answers to what is going on under the surface. We may not get to the whole truth, but we will learn the importance of trusting ourselves, our own intuition, and our heart.

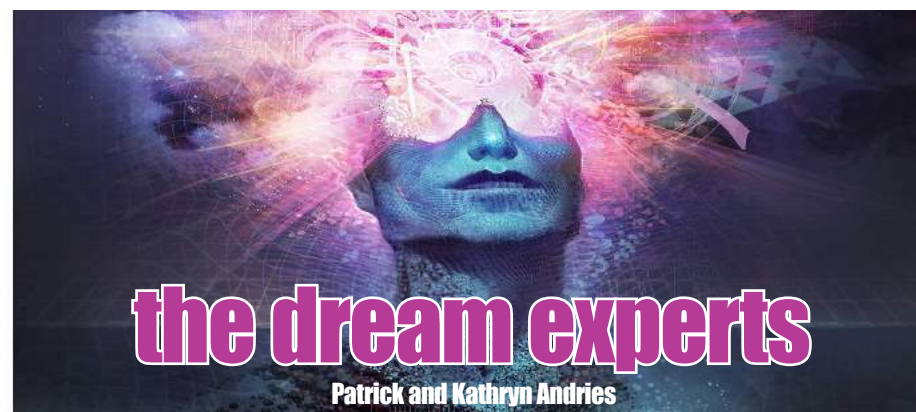
**7 OF SWORDS:** This card is a summary of what we have been dealing with for quite a while in our world. Deception, disinformation, double talk, distortion of information—this is what we have been exposed to, but the truth is starting to come out. Do not get discouraged by all the negative news, and do positive things for yourself that will help you cope whenever you hear of another tragedy. Pray for those that have been hurt, send them love and healing energy, surround yourself with white light, and then let it go. It does no good to dwell on the bad state of affairs and what an awful world we live in now. Yes, there is a lot of chaos and pain, but we can rise above it if we so choose. Do not wallow in fear, for this does nothing but makes things worse. Stay in a positive frame of mind as best you can.

**TRENDS FOR THE MONTH:** September is a Swords month, which means that there will be a lot of cutting away of whatever is not in our best interest or not for our highest good. More and more people are awakening to the truths that are beginning to be exposed and changing their beliefs about many things. It may be a time of discomfort and cognitive dissonance, but we will move through this as we remember that it is always darkest before dawn. We have free will, so we can choose to be influenced by all the negativity around us, or we can choose to turn off the fear-mongering TV news and focus on sending out unconditional love to everyone. Visualize an Earth where we are all living in peace, with no more war and strife. It starts with us—we must change ourselves from within to see positive change manifesting outwardly.



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

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



Dear Dream Experts,  
I dreamt I was at my sister's house and I was going to swim so I went outside naked, without my bathing suit on to swim. It was weird because I saw a group of girls walking outside in swimsuits and they told me to go put on a suit. I argued with them that it wasn't necessary to wear one, and I went swimming naked anyway. Later when it started to get dark I left my sister's house because I didn't want to drive in the dark. I arrived later at my friend Katie's house, and it was still light outside. I remembered that now I was in Kansas and my sister lived in Michigan and it stays light outside later than in Michigan. Katie's family was all working in a barn. They were getting food ready for the horses, so I helped them. The mom was making a huge container of food with pineapple and other things. Katie's husband was working on pulling meat off a bone and so I helped him with that. I asked how much the horses eat, and they told me. I was thinking it was expensive to feed them.

Sincerely,  
Exposed

Dear Exposed,  
You are in a mindset (represented by the qualities of your sister) that is open and honest (nudity). This allows you to face your emotions openly and honestly (swimming in the water represents moving through your emotions). There are parts of your thinking that still approach the emotions with a bit more caution. (girls in swimsuits). You are in conflict with this part of yourself (arguing with the girls). You recognize your dislike of moving toward a goal without full awareness (driving in the dark). The qualities you associate with Michigan offer you less awareness that the qualities you possess that are associated with Kansas (it is dark outside in Michigan and it stays lighter outside in Kansas.) The qualities you have associated with Katie are related to the will (horses). You are giving attention to and supporting your will (feeding the horses). You recognize it requires a lot of value (money to feed the horses) in order to build up your will. Your will is your mental muscle and each time you use it it gets stronger.

Dear Dream Experts,  
I was in my bedroom and wanted to rest. Then 2 friends of mine, Kit and Mike, knocked at the door. I let them in and they wanted to socialize. I was frustrated at them because I wanted some peace. They finally left and I went back into my bedroom to sleep. There was a strange cat in there. The window was open so I directed him to go out the window. Then my husband turned the TV on loud, so I had to tell him to turn it down. I was so frustrated.

Dear Frustrated,  
You are desiring to rest and assimilate (the bedroom is a place in mind for sleeping—which is when you assimilate). You have some parts of your mind that are preventing you from resting (the qualities of Kit and Mike.) This pattern of not allowing yourself to rest is a habit (cat). Another part of your thinking (represented by your husband) keeps your mind active through the use of imagination (TV). It would be beneficial for you to be firm with yourself by setting aside time to meditate and relax and sticking to it. The peace you will achieve will make it worth your while.

*Kathryn and Patrick Andries, the Dream Experts, are the authors of **Naked in Public: Dream Symbols Revealed**, **The Dream Doctor**, and **Owner's Manual for the Mind**, released by Ozark Mountain Publishing. If you would like your dream to appear in a future article, send it to [intuitiveschool@sbcglobal.net](mailto:intuitiveschool@sbcglobal.net). Kathryn and Patrick reserve the right to edit any dreams submitted to suit the needs of the article. Learn more at [www.intuitiveschool.com](http://www.intuitiveschool.com).*





## 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)

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

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

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

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

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

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

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

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

## SUNDAY EVENINGS

### WELCOME TO A NEW THOUGHT

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

## FOURTH SUNDAY

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

## TUESDAY

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

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

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## WEDNESDAY

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

## WEDNESDAY

### SOUL HEALING MIRACLES CLASSES -

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## 2ND FRIDAY

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

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

## 2ND SATURDAY

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

## 3RD SATURDAY

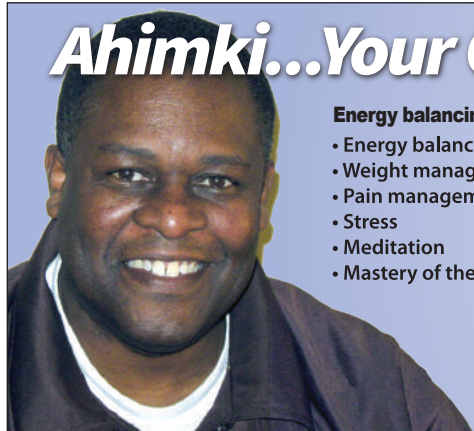
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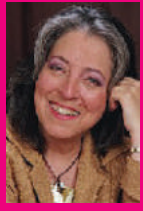
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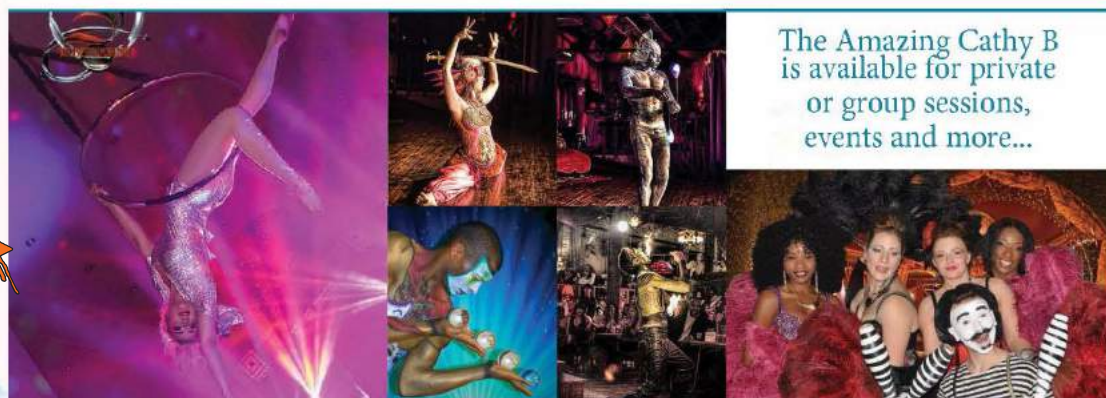
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