

THE SOUTH'S LEADING NEW AGE MAGAZINE, FOR 24 YEARS

**FEB 2016** volume 23 no. 9

# AQUARIUS

**AQUARIUS** jan. 20 - feb. 18



## Colours... The Beauty of Diversity

**Pat Green** *Race and Love*  
**Erika Rose** *Coloured Only*  
**Cassandra Worthy** *The Fruit Race*

**New!!**

**Astrology and Love...Cathy H. Burroughs**

*Regular Features...*

**Horoscopes by Ariel Rose**

**Moon Calendar by Donna Page**

**Under The Bhodi Tree by Awilda Rivera**

**Legacy of the Divine Tarot by Kathleen Robinson**

**To Your Health by Brenda Cobb**

**Conscious Business by Becky Arrington**

*...and much more!!!*

**AQ**

**www.AQ-atl.com** MIND / BODY / SPIRITUALITY / CONSCIOUSNESS / COMMUNITY / METAPHYSICS / ART / MUSIC



This is a hard topic as a white man who has never experienced the brunt of racism. I sometimes cringe when my white friends try to lead the charge in improving racism making it their story. It feels like Pat Boone leading the March on Birmingham and then recording a song about it. It would feel wrong and commercial. Being white it would be easy to say something "enlightened" like we should see past color and love everyone for there is no race.

I do know that there is racism. I do know that we have problems in North America regarding race. I do know that I have white privilege and that includes my spiritual and philosophical approach to life. I have no solutions and I admit that I am blinded by my own ignorance. I know that I don't know, but I also don't know what I don't know.

When I was a Progressive minister I thought I had a firm grasp on so many things. I had an idea of who God was and how He worked. I understood marriage. I knew about race relations, human trafficking, gang issues, poverty, homelessness, hunger, recovery and a great many other things.

Then my marriage collapsed. Not too long after that my church would fall apart. My ideas of love and how God and community worked were shattered and I was confused. Then I spent almost three years at a taxi company and everything else collapsed under the weight of reality driving a taxi in the gritty urban jungle at night.

I saw some of the homeless outreaches I used to fund and support as a pastor toss homeless mothers with toddlers out into the street at 2 am. I saw a homeless friend die of exposure because she was too high maintenance for the shelters to deal with. I got to know prostitutes and gang bangers and drug dealers and addicts and abused spouses on a different level. In that new understanding I realized how little my understanding was and how ignorant I was. I learned that some of us social justice pursuers were at best, doing little that was effective and at worst, hurting people and committing gentrification.

The institutions I was not only a part of, but a leader in, were wrong. The lessons I taught and learned were wrong. Up was down and right was left and

I got angry. I got angry at myself, the authors of the studies and books I read, and the God I believed in. I decided it was easier to tell all of those things (including myself) to take a long walk on a short pier. For the first time I understood the anguish of the teacher in the beginning of the Old Testament book of Ecclesiastes when he cried "Meaningless! Meaningless! All is meaningless!"

I got very dark and very hard. It took almost losing everything, including my life, to wake me up to the fact that life mattered and just because I did not have answers to the questions of life does not mean I should give up.

I found myself waking to love and in love found not only peace in the mystery, but a new resolve to act and to walk in love without having to define it and understand it. In that is also an honesty to have difficult conversations, to grow, to challenge myself and to change as needed when I am not walking in love's path.

We have to deconstruct all that we know and believe to find what is real. I do not understand God. I do not understand love. I do not understand my own spirituality. I certainly do not understand the causes and solutions to the problems that ail this world. But I readily accept all these things and walk as best as I can through this world relying mostly on the divine and love to guide me, even though I do not understand them as a human mortal.

I believe that this may also be the first step in resolving race. Admitting that we do not know and deconstructing what we think we know and believe until only rubble remains. Only then, can we be in a place with no walls remaining to be able to see, and love, the world around us and perhaps understand. If we cannot understand, we can at least love and that is a good place as any to start.



**Pat Green** writes a regular column for Aquarius Magazine, and is the author of **Night Moves**, published by Aquarius Press. He lives in the Chicago area.



# AQUARIUS

## Cover Art

### *The Beauty of Diversity*

Kelly Simpson

<http://fineartamerica.com/profiles/kelly-simpson.html>



AQUARIUS: 770-641-9055

Address: 2408 Druid Oaks, NE Atlanta, GA 30329

Aquarius is Published by The Aquarius Media Network, LLC

## Distribution:

by yearly subscription or free at Atlanta locations  
and digitally at [www.AQ-atl.com](http://www.AQ-atl.com)

## Publishing Schedule:

Published monthly by the first of each month.

Additional articles, videos, radio programs, and more  
throughout the month online: [www.AQ-atl.com](http://www.AQ-atl.com).

## ADVERTISING:

**We offer reasonable rates for every budget.**

Newspaper, Print and Digital  
/ Web and Social Media Presence / Video Creation  
/ YouTube Channel Set-up / Publishing  
/ Marketing and Branding / AQ Radio Programs  
and Advertising...

**Deadline for all ad submissions and  
advertising edits is the 5th of each month.**

For more information on rates and packages:

**[www.AQ-atl.com](http://www.AQ-atl.com)**

Submit pdf files to: [Ads@aquarius-atlanta.com](mailto:Ads@aquarius-atlanta.com)

## SUBMISSIONS:

We accept articles, artwork, and photography which are  
in accordance with our Mission. We reserve the right to  
accept, reject, or edit any material we receive and do our  
best to honor the integrity of the author/artist. Visit our  
website at [www.AQ-atl.com](http://www.AQ-atl.com) for further information  
and submission requirements.

## DISCLAIMER:

Our aim at Aquarius is to provide our readers with a variety  
of information and perspectives to enrich their knowledge  
or enlighten their spirit as fits with their own pursuit of their  
"best life path." It is expected that all material is submitted  
in "Good Faith" with no intent to mislead or harm others. It  
is the reader's responsibility to make intuitive decisions that  
are right for them.

**AQUARIUS is printed on 100% recycled paper, and  
uses SOY INK...perfect for composting!**



**AQ crosses  
boundries  
world wide  
every month  
for just  
\$40 a year.**

Get AQuarius delivered  
right to your home or office  
every month for only \$40 a year.

**Makes a fantastic gift!!**

## THIS MONTH

2	Guest Editorial: Race and Love	- Pat Green
4	Publishers Page	- Don Martin
5	Coloured Only	- Erika Rose
6	The Fruit Race	- Cassandra Worthy
7	Dream Experts	- Kathryn and Patrick Andries
7	You Are Amazing	- Amy Nyland
8	Rising Above Grief	- Philippa Kingsley
9	Still Point	- Phoenix Lea
9	Under the Bhodi Tree	- Awilda Rivera
10	Horoscope	- Ariel Rose
11	Astrology and Love	- Cathy H. Burroughs
11	Moon Calendar	- Donna Page
12	To Your Health	- Brenda Cobb
14	Blue - A Book Review	- Ashley Chase
14	Atlanta Arts and Culture	- Carl Llabres
15	AQ Travel	- Cathy H. Burroughs
15	Legacy of the Divine Tarot	- Kathleen Robinson
16	Intentionology	- Jennifer Kramer
16	The Goddess Is You	- Crystal Starshine
17	Conscious Business	- Marie Fraton
18	AQ Calendar and Classifieds	
19-23	Business Resources	







# Colours..The Beauty of Diversity

Look around. Monochrome has left the building.

We live in a reality that has found itself in a strange situation - we are humans of all sizes, colors, cultures, voices. Our access to different cultures, resources, prosperity, and technology is greater than it has ever been. And yet...we find ourselves facing more separation and mistrust than almost ever before in history.

The fractures are all around us: religious ideals, political ideals, sexual identities, natural resources, racial diversity, ageism. Most of those who observe and pay attention to our society recognize that our nation...and perhaps every nation, and all people...are more afraid, more uncertain of the future and more angry than they have ever been.

Mindless eruptions of violence and rage reveal that this is so. Relationships fragmenting and ending over the slightest offense are commonplace. And that hints at a rage under the surface of things that has been waiting for an opportunity to blow.

I want to challenge you to google - at the first chance you get - the term "the danger of diversity." You may be shocked at what

you find. Voices around the globe are promoting the dangers of diversity and multi-culturalism by appealing to fear and the "loss" of our nation or our country or our values.

There is a very simple reason for this kind of fear-mongering, and the growing sense of tension, anger and mistrust that abounds...it is called DUALITY.

Duality is a way of seeing the world as "us" and "them" (or "it"). Duality says "mine". Duality says "we are right, you are wrong." Duality says "ours is better."

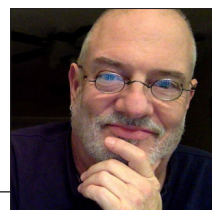
Duality begins in the view of the divine that has been handed to us from centuries. It advocates a view of God as Wholly Other, and that we humans are separated from this God. Our separation makes us unworthy of the Love and Blessing of God, and is the cause of the bad things that happen in life.

However, if you look closely at the teachings of all the great spiritual leaders of the past 4,000+ years, you will find a very simple and common message: God and Humanity are ONE. And all of humanity are at the core ONE humanity. Differences in race, sex, culture, or even language all exist at the simple and primal level of humanity. They are truly and only "skin deep." Pull back the skin of any human and you will find the same muscle, the same blood, the same skeletal structure - enough to make it impossible to distinguish between us. Our brains all work the same, our emotions are driven by the same genetic coding, we all feel love and fear and hope and anger. We all want the best for our children. We all want to see the earth kept safe and healthy, so that we can prosper as a race.

This pernicious concept of duality is a relic of the Piscean Age (the past 3,000 years of empire building and religious/governmental dominance). In the Age of Aquarius, a new way of knowing has begun to arise. It is a way that recognizes the UNITY of all things. Science has found a way of informing that belief, so that Unity is not just an idea or belief, but is a growing certainty within scientific credibility.

## letter from the publisher

Don Martin is the owner of Aquarius Newspaper and CEO of Aquarius Media Network. He is native of Atlanta and has traveled extensively in this world and many others. He is a family man, outdoorsman, poet, mystic, writer, photographer, and metaphysical practitioner (Akashic Field Therapy). All he wants is love, a farm, and a few chickens and goats.



You and I are not different...though our skin color or sexual gender or economic status may be. We are all part of one another, and if you suffer, I suffer. If you prosper, I prosper.

This issue of Aquarius deals with issues of race...but only in the context of Diversity, Unity and Love. As we learn more about the intricate and amazing energy unity of our universe, we see that we are all one, and that we can experience the beauty of Unity in our Diversity.

Curiously, our experience of Unity will begin as we learn how to Love ourselves, and to allow Self-Love to blossom into Genuine Love...not for the Other, because THERE IS NO OTHER!! If you love yourself...you will be loving all that is, because all that is is YOU, and in a very real sense, you are all that is.

Got it?? Namaste!!!!

As we learn more about the intricate and amazing energy unity of our universe, we see that **we are all one...**

**I believe  
in the  
kingdom  
come  
when all the  
colors  
bleed into  
one...**



**Bono**

still haven't found what I'm looking for

**FEB SPECIAL: 50 ML FOR \$12.50**  
**OUR SPECIAL IS 50 ML FOR 12.99 ON WEDNESDAYS**



Sure, you can go to a corporate vape store, and pay outrageous prices for no customer service.  
Or you can go to a head shop and have a teenager help you find the right vape.  
Or...you can come to **Alpha Vape...**  
The vape store devoted to you, the beginner or the long-time vaper.

**Greg Moss,**  
owner of Alpha Vape  
(and a long-time vaper himself)  
will help you find the right vaporize for you, blend custom juices that are perfect for your palate, and help you personally with all of your questions. And you absolutely will not find better prices anywhere!

**RISE FROM THE ASHES**

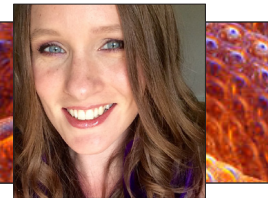
- EVERY TUESDAY IS 2:30 TUESDAY: TWO 30ML BOTTLES FOR \$20.
- EVERY THURSDAY IS 3:30 THURSDAY: 3 30ML BOTTLES FOR \$30.

Open Mon.-Sat. / M-F 12-8 / Sat. 12-5. / Closed Sun.  
6505 Commerce Pkwy, Woodstock, GA 30189 **678.483.5969**  
Variable Voltage | Mechanical | Beginner vapes | Specialty Blend Juices.



# Coloured Only

By  
Erika  
Rose



I am a child of the 80s and so have never seen a “colored only” sign over a bathroom or water fountain. And then one day I visited a friend, T. Lang - a wonderfully talented artist and choreographer here in Atlanta. T. Lang uses her own experience and heritage to inspire her work, which means she often explores the connection between race and identity. This issue is a constant source of inspiration for her and even her house is evidence of this. And that brings me to my first sighting of the sign. On a wall in her guest bathroom, T. Lang hung an antique sign, boldly printed in black and white, that reads “Colored Only.” When I asked her about the sign and why she chose to incorporate it into her home, she explained to me that it’s a symbol of past triumphs, a reminder that her ancestors overcame seemingly insurmountable obstacles.

The sign and T. Lang’s interpretation have stuck in my mind ever since. The more I reflect on that sign, the more I see it as a direction into a future built by me and those of my race.

But first we need to be clear about my race.

**I am a coloured person.** By adding that U (yes, you, too), **we are considering a new idea of race.** Color is the past. Colour is the future. Colour is my race.

If you’re a coloured person, you know it. We may be a little hard to distinguish at first. We come in different skin shades and speak with different accents. We appear in cultures across the world in bodies that are as diverse as they are unique. Our race is not defined by the superficial, by appearance or nationality. Coloured people are characterized in an abstract way: by our thoughts and intentions.

If you’re coloured, you can feel it. You might cry at injustice or seethe with rage at corruption. You daydream or explore. You can’t understand why there’s so much suffering and hatred in the world. You are deeply spiritual, even if you’re open minded about what “spiritual” means. But there is one obvious common trait: **you probably feel like you don’t fit in.**

Our colours don’t fit comfortably in this black and white world with its easy categories and scary absolutes. Many coloured people feel like a stranger in their own homeland, an alien on their own planet. That’s because we have been dwelling on and in the invisible worlds: working with secret acts of kindness that don’t appear in commercials, creating silent moments of courage that are ignored by the news, exploring spiritual and emotional worlds that are rejected by the economy. Our colours, our very unique nature, have been under attack, undervalued, and misunderstood for a long time. We went into hiding long ago. We have become so good at hiding that we have even forgotten how to find ourselves.

But all of that is changing. By exploring spiritual and artistic depths, by making meaningful connections, by finding each other, we are doing something that many would have thought impossible: we are making the invisible visible.

Those who currently hold the power in this world would have you believe that we are a dying minority. They will tell you there is no place for colour in their black and white world. They will say we’re idealistic or childish. They’ll lecture that our system isn’t responsible in the short term and doesn’t work in the long term. They imply that the only way is their way - a way of feast and famine, privileged and impoverished, success and failure.

And that’s where this black and white world loses me. I question who is rewarded by this system. All too often I hear about disturbing and disturbed people who hold positions of high esteem and power. I am frequently told that these undesirable traits are a natural part of humanity. But could it be that these traits are the very cause of their “success?”

In his Forbes article entitled “Why (Some) Psychopaths Make Great CEOs,” Jeff Bercovici points out a well-known statistic - that psychopathy is four times higher among CEOs than the general population. When going into detail, Bercovici references the example of Al (“Chainsaw”) Dunlap, a now retired corporate executive known for his ruthless methods to downsize businesses and increase shareholder value. Bercovici recalls his interview with Dunlap, saying he “was a man who seemed to enjoy firing people, not to mention the stories from his first marriage - telling his first wife he wanted to know what human flesh tastes like, not going to his parents’ funerals. Then you realize that because of this dysfunctional capitalistic society we live in those things were positives. He was hailed and given high-powered jobs, and the more ruthlessly his administration behaved, the more his share price shot up.”

Eventually Dunlap ranked high on several lists of the world’s worst CEOs, but that was only after he got a little too greedy. Like Elizabeth Bathory, a 16th century Hungarian countess and serial killer who tortured and killed hundreds of young women, Dunlap was only stopped and ousted when he began preying on his own class. Thousands of working families were tormented by Dunlap’s downsizing tactics and fear-based work environments, but he was working on a pedestal until he began to steal from his clients’ companies. When he was caught, he was thrown from his pedestal.

A CEO and a countess - both ruthless and both symbols of success in our world. If this is success in the black and white world, I don’t want any part of it. I recognize that earth is a diverse place - diverse and divided. Not everyone thinks like me or like those of my coloured race. But I cannot abide by this earth being used, abused, and manipulated by the black and white people whose intentions are so self-serving and narrow-minded. After all, the world is not black and white, it is coloured.

**And so I call to you, my coloured brothers and sisters, to realize that we are not a dying minority, nor should we continue to be in hiding. Think of your colour as chakras, eccentricities, or artistic passions. Call them what you will, but be proud of your colour. Let’s stand and walk out of the shadows. Let’s complicate this cold, black and white world by adding our colours. We will rise and demand to be seen. This beautiful, coloured earth is calling to us because it is one of us. Will you answer the call with me?**

Later in his article, Bercovici questions the future direction of the world, saying, “Is society getting more and more psychopathic in its kind of desire for short-term killings? Is that because we kind of admire psychopaths in all their glib, superficial charm and ruthlessness?”

My answer to that is no! No, because it is we, the people of colour who will overcome, rise up, and make a change. Let’s hang a sign over this world: Coloured Only.

*Erika Rose pursued her MA in Religious Studies at Georgia State University where she also taught religious philosophy. Further trained at a mystery school in Florida, Erika combines her academic experience with her mystery school training to offer intuitive readings, essential oil consultations, and spiritual guidance. Submit your questions to Erika Rose at [erikainrose@gmail.com](mailto:erikainrose@gmail.com)*



*there’s no such thing as “pure racial strain”...  
takes all colors to make a rainbow,  
takes every part to make a working brain...*



# The Fruit Race

by **Cassandra Worthy**



how different he was with his bright, yellow peel and curvature? That never really sat well with him.

Life in the bin progressed pretty much the same day after day. Henry and Tommy becoming closer and closer with the sporadic interruption of Susie. The mango sisters keeping to themselves, whispering here and there, and the grape bunch chattering away about who knows what. Then one evening something happened that would transform the discount fruit bin forever: another piece of fruit fell from the sky in the strangest way.

She was a small plum surrounded by plastic. As soon as she landed she cried out but it was muffled. She was suffocating. This of course grabbed the attention of all the fruit. They instantly looked down at the hurt, entrapped plum then around at each other. In a flash, as if by an unspoken language, they each understood they had to act at that instant if they were to save her. Susie immediately assessed the situation and seeing that the bag was tied near the top, she devised a plan. She started barking out orders, "Grapes! Over here! Mangos! I need you over here! Tommy, get over here!!" Everyone followed orders feeling the intention and strength behind her words.

"I need you to roll her as best you can from side to side!" she shouted to Tommy. It was all happening so fast, but Henry could see how she had placed a portion of the plastic sheet on one of her prickly spines and was using Tommy's swift but easy rolling motion to move the plum and subsequently the plastic back and forth as she braced herself in a corner. She had positioned the grapes and the mango sisters on top of the plastic to better stabilize it. Instinctively, the grapes, notably Shanna, were keeping the little plum calm by saying all was well and to relax and breathe easy...that she would be out soon.

Then miraculously the plastic ripped. As soon as she saw the tear, Susie turned to Henry, "Now! Henry I need you here now!" Henry, having been awestruck by the scene unfolding before him, snapped out of his daze after hearing his name and came flopping over. Keeping the mangos and grapes in place, Susie wanted him to use his body like a hook to pull the hole open wide enough for the plum to roll out. He was obedient and determined. As the hole opened wider and wider, Tommy helped slide the plum towards it. Then out she slid, wheezing and gasping for air. Susie's plan had worked!

All the fruits gathered around the plum to comfort her. They could all see how she had been bruised at some point during her journey. After she caught her breathe she explained how she had just been taken from the plum community, stuffed in a bag, and carried in a cart around the market. Riding in the cart, she began panicking realizing she was slowly losing air. Then as quickly as she had been plucked from her home, she was picked up out of the cart and tossed into the discount bin left for dead, or so she thought. She expressed so much gratitude to everyone for her rescue. And all the fruit came together and welcomed her. With the arrival of Paris the plum, they in a sense, welcomed each other. It was the most time they had all spent talking together since landing in the bin themselves.

Not long after the rescue, early one morning Henry woke up with Susie sitting peacefully beside him. They were all growing closer since saving Paris, so this wasn't altogether surprising. But what she told him was. She leaned over to him and gently whispered, "Henry, I was wrong. I've been wrong for so long. What I said about fruit types...about being 'blind' to them? I was wrong. If it wasn't for all the unique elements that each of us have we wouldn't have been able to save Paris. The truth is, I see your yellow peel and beautiful, curved shape. And I'm grateful for them. Thank you Henry. Thank you for being you and thank you for helping to save Paris."

As she slowly scooted away, Henry beamed with love and joy. He was grateful for how life in the bin had changed after Paris. The fruits were slowly becoming like family.

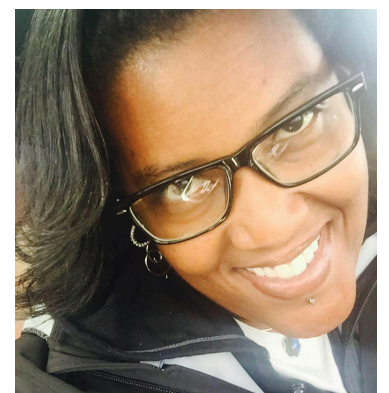
Henry was born in Guatemala but he moved to the United States with his family soon after being born. They moved into a local food market in Nashville, TN. They settled, amongst many others like them, into a box in aisle 3. Henry...is a banana.

During his journey from Guatemala as well as during his time in the market, he had seen many other strange fruits. He spoke about them often to his siblings. "I wonder what they're like. Wonder if they sound like us. Gosh, they all look so different!" he would exclaim. Henry's brother always said that you couldn't trust other fruit...that they were all weirdly shaped, not as intelligent, and not only unpleasant to be around but dangerous. He often said that bananas weren't meant to mingle with other fruit. He said they were bundled together and therefore were meant to stay together. That always made Henry wonder because he knew his brother had never come any closer to other fruit types than he had. How could he possibly know this about ALL fruit? But he was right about one thing...he and his family had always been bundled up together within a banana community. Until the day Henry's fate took him somewhere he never imagined.

Henry was pulled one morning from his family, from the banana bin, from the community he knew so well and placed in a rundown, much smaller bin. When he landed he noticed he was all alone and found himself looking up for his family and the other bananas to fall from the sky. And then one after another, fruits began to fall next to him but they weren't bananas. The first to fall and roll was Tommy the orange. Henry immediately smelled him. It was like nothing he had ever smelled before. Then came Susie. Susie was this massive pineapple. Next, the big thud of Mary and Melissa, the mango twins. Then finally all the others...Jessica, Travis, Gilbert, Richard, Shanna, Theresa, April, Eddie, Jason, Dan, Tracy, Cynthia, Bob, and Justin. They were the thickest bunch of grapes you'll ever meet. And there they all sat with Henry. Henry - confused, lost, and lonely missing his family and all the other bananas.

The first couple days in the bin, which was later discovered to be the 'discount bin', were relatively quiet with exception to the incessant chatter of the grapes. Shanna was probably the loudest of them all. But for the most part, the different fruit types kept to themselves. Then one day Tommy rolled up to Henry and struck up a conversation. "Where you from kid? How long have you been in the market?" he asked. Henry sensed Tommy was just as lonely as he was and just wanted conversation to pass the time so he happily obliged. They began conversing through the days getting to know each other. Henry loved sitting and chatting with Tommy, at first due to his smell which he found delightful, but as he actually got to know him he found himself enthralled by Tommy's stories. Tommy had traveled from Florida on the back of a truck and as a result had lots of interesting stories from the road.

Eventually Tommy and Henry's conversation fell to fruit type. Tommy was wondering if Henry had ever been exposed to so many different types in his same bin. His answer was ofcourse no. But he felt close enough to Tommy to share his brother's perspective. He shared how he didn't really ever believe his brother's words...about all other fruit was unpleasant to be around. This conversation peaked the attention of Susie who had been keeping to herself since landing in the bin. She hopped over and began sharing loudly how she'd experienced many fruit types before and carried no prejudice to any of them. She claimed to be 'type blind', remarking that she saw everyone as the same and therefore liked everyone. During this rant she looked at Henry and said, "And you! I don't even see that peel of yours! We're all fruit! I see everyone the same...as equal!" Though he could tell she was well-intentioned, Henry was taken by this comment. How could she NOT see



***I'm Cassandra Worthy...the Happiness Writer. My skin is brown. I identify as African American. I'm gay. I'm female. I'm human. I love. I recognize and celebrate the diversity of mankind. Will you join me?***  
***www.thehappinesswriter.com***





Dear Dream Experts,

I dreamt I was with my husband Mark and he told me he reserved a space in a room for a couple of hours to work quietly. I asked how much it cost, and he said \$75. I was furious! I yelled and said that was ridiculous and that we should not do that because we didn't have money to spend like that. I told him he could work anywhere and didn't need to reserve a space and pay money for it. I told him that we didn't have money because he hadn't worked since August. Two of my friends were there and so I was asking them what they thought of my husband renting the room, and they didn't seem to think it was a bad idea. I was a bit embarrassed.

Then Mark and I were sitting in a booth at a restaurant and this guy next to us overheard Mark and me talking about his room rental. He butted in and was taking my husband's side. I was angry at him and told him to butt out of our business. I kept telling my husband we couldn't afford it and we needed to spend our money on other things.

Then Mark and I went to a barn. We went inside this chicken coop and an egg dropped and cracked open. I was telling Mark we shouldn't eat the egg because it could now have germs, yet we were thinking we didn't want to waste the egg.

Sincerely, Cheap

Dear Cheap,

There is a part of yourself that you are committed to (your husband) that values peace and serenity (he paid \$75 for a quiet place to work). However, there is also a part of you that lacks value and doesn't see value in serenity. You view your lack of value as being related to not being productive (blaming your husband for not working). You look at this issue from other viewpoints or ways of thinking (consulting with your friends), and these parts of you also think it is important to invest in quiet time. This causes you more inner conflict.

You want to learn more about the part of you that values peace (you go to a restaurant with Mark), and yet another perspective concurs that valuing quiet time is good (the man in the restaurant agrees with your husband). You still insist on putting value and emphasis on other things in life besides peace and serenity. You have a habitual tendency to focus on lack (chicken is an animal which represents habits), and are afraid that there may not be more knowledge for you to obtain. (you are tempted to eat the broken egg, which may have germs).

The dream indicates a lack mentality since you fear spending money on the room and consider eating a rotten egg out of fear that there won't be more eggs. Focus on abundance and know that you can always have what you desire. Recognize that quiet time has value and helps you to rejuvenate so that when you get back to work you can be even more productive.

Dear Dream Experts,

I'm in this group event with many people who are dressed like the Amish. I start washing my hair outside and I have a hose that I am rinsing it with. Then I go inside and look for a bathroom. First I go inside one which turns out to be a family bathroom, then I find the women's bathroom. I get naked to take a shower. People come and go while I am in the shower.

Sincerely, Exposed

Dear Exposed,

You are purifying your thoughts (washing your hair and taking a shower). The Amish people represent these attitudes. You need to investigate your beliefs about the Amish to understand the thoughts you are purifying. Describe the Amish in one or two words. For example, if you feel the Amish are controlling, then this is the type of thinking you want to purify. You are also practicing a certain amount of honesty in this (being naked).

*Kathryn and Patrick Andries, the Dream Experts, are the authors of Naked in Public: Dream Symbols Revealed and The Dream Doctor, 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).*



# You Are Amazing!



By Amy Nyland

Dear Human:

**You are absolutely amazing!**  
Did you know that?

Do you know how incredible it is that you exist? Do you realize the odds you've overcome to be born as well as alive and thriving in this very moment? So much has been stacked against you in every conceivable way, and yet you are here, which is truly a miracle.

You are a miracle!

Listen, I know life can often make you forget how amazing you are. And I know there are people and institutions trying to convince you there is something wrong with you. You are bombarded with messages from the outside trying to make you believe you aren't good enough because you are too much of this, or too little of that. Since the time you were very young you've been taught to conform yourself to societal standards, and in the process you've been forced into a teeny, weeny little box that strangles and subdues the real you.



Do you feel it? Do you feel the pressure from the outside world to be something other than your true, authentic self? Do you feel the pain of cutting off certain parts of yourself in order to appear "normal" or to fit in with others? As Danielle LaPorte said, "Can you remember who you were, before the world told you who you should be?"

I urge you to take a moment and get in touch with your innermost self and really listen to what the real you is trying to tell you. What have you given up in order to please the world outside of you? What dreams did you put on hold, what talents have you left unexplored, what desires have you hidden or suppressed because you believed it wasn't the "right" way or you followed a path that others thought was best for you?

Be honest with yourself and dig deep to find all of the ways in which you've prevented yourself from living as authentically as possible. I guarantee you the real you is beating on the bars of its cage begging to be freed. The real you is desperate to be recognized and given a chance to shine.

Here's the ultimate truth - the real you is good enough. In fact, the real you is beyond good enough. You don't have to make huge amounts of money, or own lots of material possessions, nor do you have to demonstrate

any superior talents or abilities in order to be valued. You don't have to have a certain skin color, or the perfect body, and you don't have to be beautiful by society's standards in order to be worthy of love and attention. You are worthy because you breathe. You are beautiful for no other reason than being who you are.

And how can you not be totally in awe of yourself when you stop and contemplate that

**you are the only expression of your exact self that exists in all of infinity?**

Yes, ALL of infinity! Can you grasp the magnitude of this? From the complex arrangement of your DNA down to every experience you've ever had, you are stunningly unique and one of a kind. Don't you think it's time you begin celebrating yourself for no other reason than this? The truth is you are a masterpiece and you most likely do not even know it.

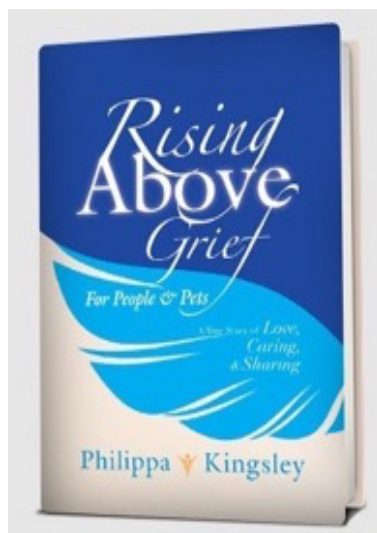
As we move into another new month in a new year I would like to invite you to throw off the shackles of **worldly expectation** and **self-judgment** and start seeing yourself as the beautiful, divine, masterful being you are. Too often we spend our precious time critiquing ourselves, judging ourselves, blaming ourselves and feeling guilty, but what if we used the same amount of energy to love ourselves, forgive ourselves and focus on everything we have to offer and are doing right?

**...what if we used the same amount of energy to love ourselves, forgive ourselves and focus on everything we have to offer and are doing right?**

It's time to wake up every day celebrating your self instead of beating yourself up. Look into the mirror and talk to yourself with appreciation and compassion instead of picking yourself apart and wishing to be something other than you are. Actively build yourself up by talking to yourself in a loving and accepting way. Be willing to become your own best friend and discover how wonderful it feels to never require anything outside yourself for validation or self worth. Absolute freedom and joy awaits you when you begin the work of living as authentically as possible and loving yourself unconditionally.

**Amy Nyland** manages Love and Light LLC located at The Center for Love and Light in Atlanta, GA. Amy's mission in life is to help spread the gospel of self-love. Learn more at: [www.withloveandlight.com](http://www.withloveandlight.com)





## Rising Above Grief... A True Story of Love, Caring, Sharing by Philippa Kingsley

All of us have experienced loss...of loved ones, of pets, of friendships and relationships. It is part of the human condition. In her book **Rising Above Grief** local energy healer Philippa Kingsley shares the amazing channeled messages she received from her father and other angelic beings who use her voice to help those who have experienced loss to rise above the grief and discover the purpose.

This inspiring and insightful book presents profound truth in a simple and accessible way that can truly transform grief to joy. Philippa is certified as an energy healer in VortexHealing® Divine Energy Healing, and is an animal spirit communicator. She is originally from London, moving to Atlanta, GA in 1996.

Philippa shares her own intimate experience of grief in the loss of her father and her beloved pet dogs, Volumie and Cosmo. It was encountering the consciousness of her loved after their passing that enabled her to have such a unique and compassionate insight into the process of grieving and the process of healing that comes after.

Her sharing is both intimately personal and practical. Besides addressing the deep inner sorrow and fear that accompany loss, Philippa provides practical steps that have been channeled through her that are offered to aid in the beautiful healing process that can begin at loss. Simple actions such as having a burial ritual, expressing yourself in writing, making a memorial, and honoring your loved ones - humans or pets - both living and transitioned are encouraged to help both understand your own spiritual journey but to gain a greater insight into the purpose of the Universe in the experience of loss and pain.

Dale Borglum, of the Living/Dying Project, and co-author of **Journey of Awakening**, says "Philippa's book offers a truly heartfelt and deeply personal account of her encounters with grief. You will be touched by her courage and honesty."

Colin Tipping, author of **Radical Forgiveness**, says this book will "connect you with your own experience of grief (and) shines a light for others who are struggling to come to terms with the loss of a person or pet."



## FULL SERVICE FULL COLOR PRINTING

Banners

Calendars

Posters

Booklets

Certificates

Newsletters

Brochures

Flyers

Post Cards

Bulletins

Invitations

Tickets

Business Cards

Letterheads

Yearbooks

and More!

*fast and first class!*

### Hillside Printing Company

2450 Cascade Road SW, Atlanta, GA 30311

**call today (678)515-8433**

[hillsideprintingco@gmail.com](mailto:hillsideprintingco@gmail.com)





*Forever and a day*  
**New Age Emporium**  
770-516-6969  
7830 Highway 92 • Woodstock, GA 30189

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

**All new books 20% off cover price, every day!**






# STILL POINT

By Phoenix Lea

**Hello Dear Reader...** Are you enjoying the New Years beginnings? For me the 2016 energies are full of rest and play. Work has more clarity and I am confident that this dream, we are all dreaming, is unfolding perfectly. Many of us are old souls in young incarnations spending most of our time re-memembering our oneness and humility which leads to dignity and leadership.

Many of my friends within this metaphysical community have this common thread. I believe as we come to understand more of ourselves we will unite under this remembering, and that is, in our early childhood not knowing that we were healers we awakened to our practices. We became mediators and peacekeepers with a pattern that eventually lead us to our own healing and the desire to assist others in their own healing.

Light workers are beloved sentient beings that love at all cost, often to themselves, because we are in-service to humanity. Devotion shows up with a spiritual gust of a mystical wind and your life has now evolved into a beautiful presence of mindful awareness, contentment and the agile ability to just BE. Because honestly that is all that is required.

**Balance is Health.** I believe the energies of 2016 are all about finding our way back into love. Self love begins with setting healthy boundaries and healing the sub-conscious mind. In my experience there is nothing faster at getting to the source of ourselves and our behaviors than working with your sub-conscious mind. And if we are truly "in it to win it" then this is also where the collective receives its healing as well. What you decide to do for yourself as an individual consciousness is channelled right up into and thru to the collective. As above so below, right? Are you treating yourself with kindness and joy...or are you

still judging yourself with emotional energy from the past therefore keeping forgiveness sitting in the waiting room of your life.

Truth is there is no waiting in the present moment. It is all about your willingness to be present fully within as without. But the rub is that you are accepting and allowing of all your beautiful contrasting extremes. The beast and the butterfly if you will.

Before I lose you in translation let us bring this down to earth. In 2000 my mind was beginning to wake up to the convention of Christianity. I made some very emotional choices which changed my world and all those in it. Divorce. My existence was shifted and life took on a duality that was almost unbearable. My life became a force unknown to me and with abandon I answered its call daily, hourly with the only tool I knew, trust.

**Consider your experiences. The ones that have taken you down the loneliest of streets and often cost you the things most important to you.** How did you find your way home mentally and emotionally? It is a daily practice my friends.

I am excited about the waves of conscious energy sweeping over our planet at this time. Very gentle, supportive and sweet! Here is our Still Point, Self-love. Continue to walk as an apprentice of love. Listen to your soul and it will guide you into much healing & HAPPINESS. Listen to those who you invest your time and energy into, observe how they are growing in your love. Allow for expression, with the moderation of extremes, in yourself and others. And when vulnerability comes calling remain open and use your most sacred tool of trust and attract to you the NEW experiences you wish to enjoy. Godspeed!

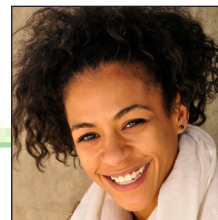
*I am Phoenix Lea  
A Clear and Perfect Channel*



**New Age, New Thought, New World**

## Under the Bodhi Tree

By Awilda Rivera



### Yoga & Love

February is a month that is synonymous with Love. Admittedly all the attention during Valentine's day is placed on romantic love which assumes that we already experience Self Love.

We have all heard the old adage "In order to love someone else you must first love your self." There are thousands of books, websites and seminars that purport to teach you how to love yourself more, but ultimately the question is "how can I cultivate sustainable Self-Love organically?" The answer lies in being present in each moment with an open heart, which the practice of Yoga can help anyone develop.

Yoga teaches us that we are each our own Guru, and empowers us to be present and open our hearts to the possibility of each moment. **Meditation, Backbends and Sama Vata Pranayama** are some ways that yoga helps us cultivate Self Love.



### Meditation

Looking within is essential to uncovering the truth of what we feel. Taking a moment to sit or lay with an inward gaze focusing on the internal, on your self, can have powerful results. We are generally so attached to what just happened or is about to happen that we are not present in moment.

Presence of mind in the moment creates a greater awareness of one's self, this type of internal focus opens the mind up for new perspective. Flexibility in perspective is essential for unconditional Self Love. Allowing yourself the space to change your point of view, while learning more about your needs & wants promotes a more compassionate inward attitude. Meditation provides both a neutral platform for you to assess where your outlook could benefit from shifting, and a safe place from which to begin to make those shifts.

For many, meditation can be a daunting task fraught with more questions than answers. Thankfully the practice of quieting the mind at the beginning and end of each Yoga Asana practice provides an opportunity for us all to strengthen our meditation muscles. Use that time to focus on one word, sentence, phrase, or a feeling - let it be something simple and easy for you to hold in your minds eye. You can do this in your home practice or at the studio. Notice if it becomes easier to hold your focus after doing this 5 times, you may find that it becomes more accessible the more you do it.

### BackBends/ Heart Openers:

Your physical heart & your heart chakra are the your energetic love centers. Most humans spend their waking hours sitting - at a desk, behind a steering wheel, on the couch or doing a combination thereof. Our sedentary lifestyles cause

us to hunch forward, curl our shoulders forward, and drop our head which has the effect of closing our hearts.

Backbends offer us a way to open our hearts through Yoga Asana. When you incorporate backbends into your practice you are engaging in heart opening activity that in turn cultivates a foundation for sustainable Self Love. A prescription of: 3 Baby Cobras per vinyasa, followed by 3 Cobras per vinyasa and then 1 Up Dog per vinyasa would help anyone begin to physically open their heart; as the movement in backbends originates from between the shoulder blades. Foundational backbends such as the ones I just listed work as well as more advanced backbends, like Camel or Cosmic Dancer. Remember Yoga is negotiation with the body, finding a happy medium between effort and ease is paramount. If try to muscle yourself into a more challenging backbend injury is almost certain, so go slow and always consult a teacher if you have any questions.

### SamaVata Pranayama:

Sama Vata Pranayama, is equal length breathing out of the nostrils which is key to being present with an open heart.

When we breathe using our nostrils, exclusively, we are activating the Parasympathetic nervous system. The parasympathetic system controls our bodies: rest, relax & heal response. Conversely, mouth breathing activates our fight or flight response. As you can imagine, when one is in a mental state of fight or flight it is virtually impossible to be present in the moment because one's survival is at stake. However, when you are nostril breathing the body can find a calm homeostasis and take in your surroundings in a relaxed fashion.

Practicing Equal length nostril breathing is a wonderful way to create sacred space for your self in any situation. All you need to do is focus on your breath. Let your inhales and exhales be the same length, speed, and pressure. You can begin by counting how long you inhale is and counting down for the exhale. Over a few rounds let your self organically find an even flow. Do this for several cycles. When our finish notice if you feel more present and open to your surroundings.

I invite you to use the practices detailed above to support your Self Love cultivation. Cultivating Self Love is a process, it can be elusive and slippery. Thankfully as long as we return to the timeless truth that "in order to love someone you must first love yourself" we will never forget the importance of Self Love. **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

## Aquarius

Jan. 20-Feb. 18

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



### Aries March 21 - April 19

You are feisty, dynamic and independent this month! In your career, relationships and at home you definitely want to take the lead. The best part is that you are exuding a refined confidence now, so other people will be more open to handing you the reins of leadership. This is a good time to plan larger reaching career goals or work on a humanitarian project that will benefit the masses.

### Taurus April 20 - May 20

Your sense of adventure and desire to travel becomes serious business this month. It's a good time to plan out a meaningful and somewhat ambitious itinerary for a long-dreamed of getaway. At work you are independent and inventive - this will be a blessing unless you have strict or rigid co-workers that you have to convince. There's plenty of intensity in your relationship area now, which could incite arguments or lead to passionate nights!

### Gemini May 21 - June 21

This is a positive month to shine in your career and public life. You'll be brimming with new thoughts and creative inspirations that you should share with others. Use your most professional and polished approach to get the best results, because others will be concerned with the practical applications of your ideas. Be gentle with yourself physically as taking too many risks could backfire at this time.

### Cancer June 22 - July 22

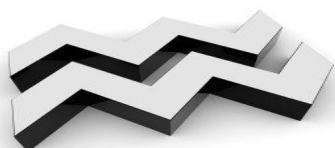
Relationships and your interior emotional life are significant this month. You'll be going for deep, meaningful answers and conversations and will not be content with anything shallow or surface-level. You have a great deal of power to transform your relationships for better or worse, so use this strength wisely. Any therapy or counseling you undergo now can be of great benefit and inspire you in a positive way.

### Leo July 23 - August 22

This can be a wonderful month for socializing and being with your groups of friends. However, you will need to be aware of some heavier energies that if left unchecked could leave you feeling tired and dragged down. Taking care of your health (both mental and physical) is important - especially in the areas of teeth, skin and bones, along with circulation and digestive wellness. Eat a good diet and clear your home dynamics to bring about greater healing.

### Virgo August 23 - September 22

The influence of Aquarius amplifies your desire to heal and serve the world. This is a month where any charitable cause or greater vision of the future comes into play for you. You excel at organizing details toward a positive end. Your creative energies are also at a high, with potential to create something foundational that will stand the test of time. Expand your idea of what you believe is possible, because you are capable of bringing large dreams to life!



### Libra September 23 - October 22

You may feel like stepping out into the spotlight this month and claiming some of your due rewards. If you've been overly compromising in love and friendships, you will likely start requesting some reciprocity in your interactions. If you're newly coupled, it could be moving slower than you like, while the deeper emotions simmer beneath the surface. Be patient for now! A long-term relationship may go through some challenges, but emerge stronger by the month's end.

### Scorpio October 24 - November 22

Your personal energy is strong and you should be feeling more harmonious with your own identity. In relationships, you want to communicate and share deeper ideas and feelings. This is mostly a positive thing, but be aware that your intensity might scare off gentler individuals. Only open up to grounded, solid people who can handle your passion and direct style of thinking! Home is a good area of cultivation now. You can work to liberate or release some area of your living situation that needs a change.

### Sagittarius November 23 - December 21

Overall, this is a month to let your thoughts and dreams roam freely and allow yourself to communicate your ideas to others. You thrive intellectually during this time and should seek out kindred spirits for companionship. Having some quality alone time to work on a special project will also benefit you. If you have any unpaid bills or obligations, do your best to take care of them now, so you can relax and be more at ease.

### Capricorn December 22 - January 19

Your personal magnetism and charm are attractive to others this month and many people will be drawn to you. Be selective about who you accept into your circle, because they could tend to extreme personalities of good or bad. If anything feels 'off' to you about someone, just move on - there will be plenty of positive people out there to connect with instead! Spend some time working on your finances and what you'd like to plan for in the future.

### Aquarius January 20 - February 18

Happy Birthday Aquarius! You'll be feeling stronger and brighter this month in regards to your personal identity and sense of self. This is also a deeply spiritual month for you and your emotions are more open and intuitive than usual. If dreams are vivid, remember to write them down. You could be drawn to a solo adventure or sabbatical journey to recharge and refresh your mental perspective. Allow your body and spirit what they need to flourish and live truthfully.

### Pisces February 19 - March 20

This month you should feel energetic and inspired, but will also be quite sensitive and may desire some alone time to work out your projects. You have excellent potential to turn your creative dreams into tangible reality at this time. Communicate with friends and associates who can assist you in bringing your higher vision to solid life. You want to make a real mark on the world and this is the perfect phase to start, further or complete just that!

# Welcome fellow Stargazers!

The month of February begins with the Sun moving in electric, revolutionary Aquarius. The sign of the Water-Bearer is a master Air element and is futuristic, brilliant and ahead of their time. Marching to the beat of their own drum, they subvert the 'normal' at every turn and seek to wake up the masses. A natural born anarchist and organizer, this crazy genius will embrace the strange, unique and unusual. They will likewise care greatly for causes and can usually be counted on to give a thorough lecture about the environment, human or animal rights, politics and more. Ruled by Uranus, Aquarians are often considered emotionally 'cold' or distant and more focused on intellect and rational logic.

Often confused to be a Water element sign, the 'Water Bearer' symbol is a picture of the relationship Aquarius has to the world of emotions. Water is the element of emotion and feelings, so Aquarius pours out healing and aid to others, while not getting into the water themselves. They would rather help others without any 'messy' emotional displays - in the end their intellectual Air element wins out. However, these brilliant individuals have a magical way with big groups of people and can stir movement and rebellion on a monumental level. Never afraid to 'kick the beehive' of controversy, Aquarians seek to restore power to the people and bring about universal change.

Happy Chinese New Year! On Monday, February 8th we celebrate the Lunar cycle of the Fire Monkey. The Monkey is aligned with Leo energy, so expect this to be an upbeat, colorful year full of emotion, generosity and a dash of theatrical drama! This is an especially fortuitous year for the Rat and Dragon. The Horse and Dog will also benefit from the Monkey year. Challenges or pressure could be felt for the Snake, Boar and Tiger signs, who may prefer to stay under the radar and put large projects off until 2017.

Our Full Moon of the month occurs on Monday 22nd in the sign of Virgo. This is a fabulous 'house-cleaning' Full Moon, that triggers our urge to cleanse, purify and organize. Take time to clear away physical clutter or emotional debris for a more peaceful feeling at this time. Virgo also rules over health and habits, so eat a healthy meal and vow to make beneficial resolutions you can practically implement.

Have a wonderful February!



AQ



# Special Feature: Beyond Synastry\_Astrology and Love



As Valentine's Day approaches we thought it would be apropos to explore some of the lesser known ways that Astrology can point to the Soul Mate, Love and Romance in relationships.

*How do I love thee? Let me count the ways?*  
- Elizabeth Barrett Browning

Next to the Fountain of Youth, the Holy Grail and the Dead Sea Scrolls, the mysteries of love are one of life's most elusive - and compelling. As luck

would have it, we have within our midst some new, less fully-known or understood tools to help us crack the code.

Some of you may know in Astrology we frequently look to the tried and true repertoire of planetary contacts that make up traditional relationship analysis. With the Sun/ Moon, Mars/Venus lynchpins, we've long looked at conjunctions between the charts, (some say, especially Venus; others say, the closer the better) as well as aspect formations, angle contacts, house placements, the composite, the chart of the meet, as well as the chart of the marriage.

## Who, Who, Who Wrote the Book of Love?

Two recently uncovered systems that have their origins in ancient cultural traditions, and their "feet" firmly planted in today's cutting edge cosmology: the 9th Harmonic and Magi Astrology. Clues, secrets and remarkable relationship markers are found in these astonishing techniques that take us closer to answering the questions: Is this my Soul Mate? And, Will We Live Happily-Ever-After? For the 9th gives us more information about soul mate astrology than ever before, and the Magis have, indeed, cornered the astrological market on "happily-ever-after."

## The 9th Harmonic: Is this My Soul Mate?

*When all the knots that strangle the heart are loosened,  
the mortal becomes immortal.*  
- Katha Upanishad

According to astrologer Bob Marks, the harmonics have to be one of the "greatest advances in astrological analysis of the last hundred years." This particular application - the profound 9th Harmonic and its revelations regarding relationships - was handed down to me by the brilliant Florida-based astrologer Delphine Jay. She in turn, was inspired by virtual inventor of harmonics British astrologer John Addey. The 9th Harmonic Chart has the capacity to make a significant contribution to the field as a means for identifying soul mate relationships, while providing us the material that describes the nature of these relationships.

Akin to the Sidereal Navamsha system or marriage chart, also known as the 9th Harmonic, which has been used in Indian society for aeons as a tool for making the optimal choice for an arranged marriage partner, the 9th Harmonic is also the higher vibrational frequency of Pluto, making this chart transcendental in nature. In a recent study, the efficacy of this aspect in long term partnership was further substantiated by Alphee LaVoie, Peter Standaart, and Alphee's team of Astro Investigators. Using a bank of 1500 married couples and Alphee's Air software, this time-honored harmonic together with the novile and bi-novile aspects were shown to be statistically significant in these marriage charts.

The 9th Harmonic has real potential to go a long way to explaining why couples are drawn to each other, often inextricably, feel a deep sense of recognition and completion and have the potential to thrive, while living a long and happy life together.

**Watch for more as the series on the 9th Harmonic, Magi Astrology and the Soul Mate continues....**

By  
**Cathy H.  
Burroughs**

[www.psychicsolutions.tv](http://www.psychicsolutions.tv)  
[www.astrologyforthesoul.com/chb](http://www.astrologyforthesoul.com/chb)



## AQ moon calendar

### FEBRUARY 2016

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

A ARIES  
B TAURUS  
C GEMINI  
D CANCER  
E LEO  
F VIRGO  
G LIBRA  
H SCORPIO  
I SAG  
J CAPRICORN  
K AQUARIUS  
L PISCES  
Q SUN  
R MOON  
S MERCURY  
T VENUS  
U MARS  
V JUPITER  
W SATURN  
X URANUS  
Y NEPTUNE  
Z PLUTO

	sun	mon	tues	weds	thurs	fri	sat
		1 Intensity and focus rule the day with Moon in Scorpio conjunct Mars. LAST QUARTER	2 Rare day with no aspects, Moon shifting into Sagittarius laughs off problems and embraces lady luck.	3 Action oriented day to apply determination with enthusiasm.	4 Easy to be distracted as the moon is void of course for most of the day.	5 Venus conjunct Pluto brings passion to love relationships.	6 Super busy day with more to do than time to do it.
	7 Good day to connect with friends that accept you just as you are.	8 New Moon in Aquarius has a laser focus that shifts conscious ideas to creative solutions. NEW MOON	9 How appropriate, the only aspect for Mardi Gras is the moon conjunct Neptune, party hardy or deep spiritual immersions.	10 Walk through your day connecting to inner peace and grace.	11 Moon in Aries and no aspects promises the gift of speed in getting to where you want to go.	12 Last minute decisions for weekend plans are quickly decided upon.	13 Mercury crosses it's shadow lingering situations from mid-December are resolved.
	14 Valentine's Day with moon in delicious Taurus is perfect for a romantic day of pleasure.	15 Morning gets off to a slow start then a variety of decisions has you running to keep up. FIRST QUARTER	16 Venus in Aquarius; time for joy and laughter with friends.	17 Ideas of how the world can be a better place inspire commitment to do your part to help.	18 Moody day with Moon in Cancer finds refuge through deep breathing and meditation.	19 Sun shifts into Pisces helping to ignite the ideal of your life in the years to come.	20 The heart opens to help those in need.
	21 Delightful energy today to spend time in the artistic world.	22 Full moon illuminates the balance, or lack thereof, for one's souls needs versus one's worldly needs. FULL MOON	23 Sun in Pisces, Moon in Virgo; selfless service uplifts heart and soul.	24 Another void Moon day it's all or nothing, keep focused on your list and much can be accomplished.	25 Moon shifts into Libra; romance and love stirs the heart center to seek inner peace.	26 Terrific Friday to gather together friends for an enjoyable time.	27 Great weekend for deep inner work, either in a retreat or on your own.
	28 Sun conjunct Neptune; yearly cycle of connecting to higher self and spiritual guides.	29 It's leap year; symbolic of making quantum shifts to move forward.					



Like Us On  facebook



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

**Open 24 Hours**  
**404-881-0246**  
1812 Peachtree St.,  
Atlanta, GA 30309

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

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



[www.wmn4wmn.com](http://www.wmn4wmn.com)



**women for women**  
HOLISTIC GYNECOLOGY

**Felecia L. Dawson, MD, FACOG**  
Board Certified

One Baltimore Place, Suite 350  
Atlanta, GA 30308  
**404.733.6334**

 women for women  
 @DrFeleciaDawson

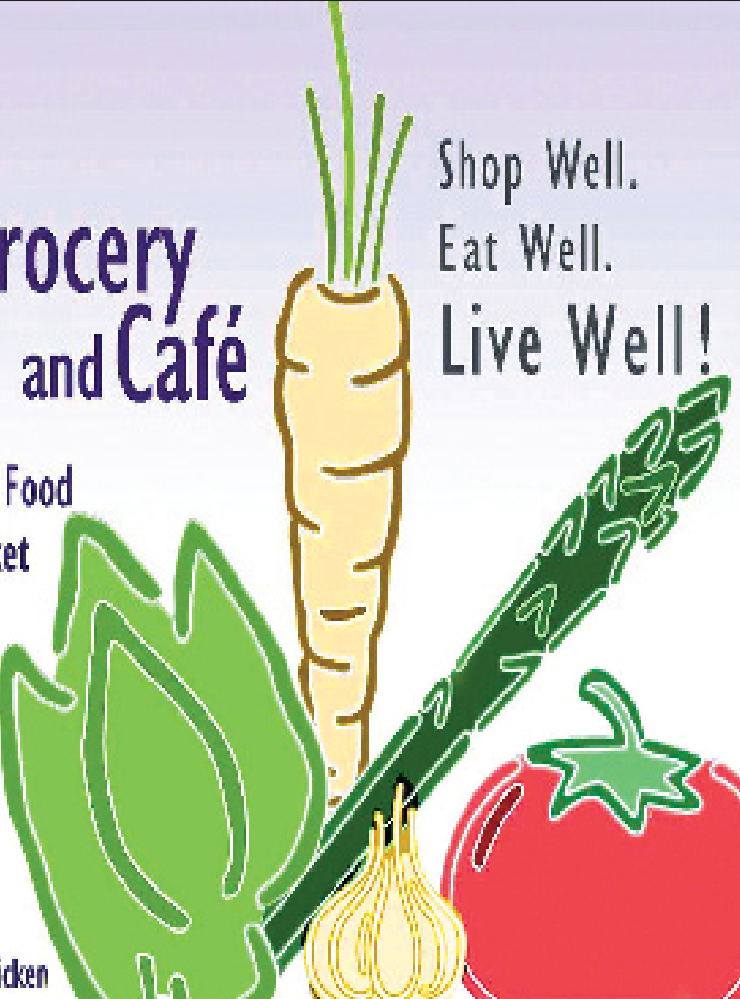
**Life Grocery  
and Café**

A Natural Food  
Co-op Market  
and Café  
Featuring  
Organic  
Produce

1/2 mile east  
of the Big Chicken

1453 Roswell Rd. Marietta, Ga. 30062 770-977-9583  
[www.lifegrocery.com](http://www.lifegrocery.com)

Shop Well.  
Eat Well.  
Live Well!



## Life Simple and Heart Strong!

Eating raw and living foods is simple because food preparation takes so little time, and with very little effort you have a delicious, satisfying, nutritious meal. The simplest way of all to eat is to grab an apple, celery stick or carrot and munch away. Raw food is easy to carry with you and when you travel you can almost always find plenty of fresh raw foods in local grocery stores. When you eat fresh raw organic produce you are helping to keep your heart healthy too.

Raw vegetables like cucumbers, celery, tomatoes, squash and dark leafy greens combined with a freshly made raw salad dressing is tasty, delicious and heart healthy. Raw food is nutritious and when you're finished eating you'll feel light, not heavy. That will be easier on your heart.

Include both raw foods and living foods in your heart healthy diet. Raw fruits and vegetables are those picked right off the tree, vine or bush. Living Foods are those which are sprouted and actually growing when you eat them. We all know that raw fruits and vegetables are very nutritious, but living, sprouted foods are even more nutritious and they are packed full of protein, vitamins, minerals and enzymes. Living foods can have 100 up to 1000 times more nutritional value than raw foods. The more raw and living foods you eat, the more life and health you bring to your body.

Start today, right where you are and keep it simple. Every cell of your body will sing with delight when you eat organic raw and living produce and you will feel amazing.

When you go out to eat you can find fresh fruit and fresh salads on most any menu. If you don't see exactly what you're looking for, just ask your server if the chef can create a special salad of the freshest vegetables just for you. Most every restaurant is very willing to accommodate their customers.

When you're preparing your meals at home you can keep it simple and get very creative with lots of different types of salads. Some can be made with vegetables and others with fruits. Always eat the fruits first and wait for at least 30 minutes before eating other food. Give the fruit time to digest and move out of the stomach. This will help prevent gas, bloating, indigestion and heartburn.

This delicious all green salad is easy to prepare and full of protein, vitamins and minerals. The dressing is light and delicious too. Of course you always want to select organic produce for the highest quality food without chemicals and pesticides.

## Green Mineral Rich Heart Healthy Salad

**Combine all the dressing ingredients in a glass jar with a top. Shake well and pour over the salad greens and toss until all the vegetables are well-coated. Savor every bite and give yourself credit for eating so well and taking such good care of your health and your heart.**

- ☐ 4 cups spinach
- ☐ 1/2 cup chopped zucchini
- ☐ 1/2 cup sunflower sprouts
- ☐ 1 cup mung bean sprouts
- ☐ 1 avocado peeled/sliced
- ☐ 1/2 cup cucumber
- ☐ 1 stalk celery

chop all ingredients and place in a bowl

### Green Garlic Dressing

- ☐ 1/2 cup fresh squeezed lime juice
- ☐ 1/4 cup ex.virgin olive oil
- ☐ 1/4 cup chopped parsley
- ☐ 1/4 cup chopped dill
- ☐ 1 Tbs. chopped fresh garlic
- ☐ 1/2 tsp. Himalayan Salt

**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)



# LIVING FOODS INSTITUTE

"The doctor of the future will give no medicine,  
but will interest patients in the care of the human frame,  
in diet, and in the cause and prevention of disease."

— Thomas Edison

## Create The Best Health Ever In 2016

We've been helping people since 1999  
and we can help you!

Customized Detox Programs

Nutrition and Recipe Classes

Therapy Spa and Specialized Treatments

Healthscope Scan and Individual Consultations



PHOTO COURTESY OF CHLOE CLARK

### Banquet Feasts and Graduation Celebration

Organic, Vegan, Raw Foods Buffet

Testimonies to Inspire You

3:30pm • \$5.00-\$10.00 Donation Suggested

February 21 • March 27 • May 1

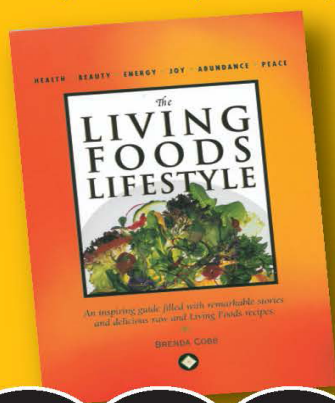
### Educational Seminar and Recipe Demo

Organic, Vegan, Raw Food Tasting

7:00PM • \$5.00-\$10.00 Donation Suggested

February 22 • March 28 • May 2

All donations go to our Scholarship Fund. Reservations for both events requested.  
Call and leave your name, phone and the number of people in your party.



**The Living Foods Lifestyle®  
by Brenda Cobb**

**This book transforms  
people's lives!**



1700 Commerce Drive, NW  
Suite 100  
Atlanta, GA 30318

**WWW.LIVINGFOODSINSTITUTE.COM • 404.524.4488**



# blue<sub>a mindfulness tale</sub>

Mindfulness and meditation have long been proven to be beneficial for every age. So why are the tools and resources only easily available to adults? Hill Schroder is trying to change that with his new children's book titled **Blue: A Mindfulness Tale**. It is a story of compassion, self-love, gratitude, resilience, confidence, and presence for ages eight to 108. Told in rhyme, it is a modern mix of Dr. Seuss and Alan Watts for all ages.



Three years ago, Schroder conceived of bringing a book into the world that would "help raise a generation of children that wouldn't have to recover from childhood, one that would assist them to love who they already are, persevere through the difficult times, and learn to look lovingly inside themselves." While he had held a mindfulness and meditation practice for eight years at that point, he wasn't sure how to

## a book review by Ashley Chase

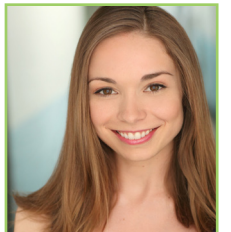
phrase the instruction in a way that could be digested by children. He then held a six month residence at Magnolia Grove Monastery, a meditation practice center founded by Zen Master Thich Nhat Hanh, and during his final week, he wrote this book.

The story is about a young, insecure bluebird that wants to look and sing like the other birds and is afraid to fail when it is time to try to fly. The wind blows him out of his nest and down to the forest floor, where he meets a wise old chipmunk. The "munk" teaches him to use his words positively, to focus on the good, to look within himself, and to breathe deeply into the present moment. The illustrations are beautiful as well, with artwork by Nuri Keli, an illustrator on the popular television show Archer.

When I met Hill Schroder, his gentle humor and warmth radiated out of him. His book **Blue: A Mindfulness Tale** brought a few tears to my eyes as I read the pages and saw the character Blue's illustrated eyes come to life. There are few books that I have read that give me hope for the next generations in finding their truth. Every page is layered with deep messages that are as connected to a child reader as a grandparent. Hill has done a wonderful job disguising wisdom and insight into a whimsical tale for children, and for the inner child within us all.

The book will be available for purchase on **Kickstarter** from February 4th through March 4th at <http://kck.st/1QokmhK>

**Ashley Chase** is a visionary woman with a passion for helping others become their highest selves. With conviction and dedication Ashley founded her organization HUM to utilize the creative arts to help awaken the healing power within each of us.



From representations of modern American life to groundbreaking photography to funerary arts, a diverse variety of artistic trends and styles will be in exhibition in the Atlanta area offering the opportunity to inspire us in transcendental ways with the powerful works of Vik Muniz and Ebony Patterson and many others.

From February 28 to May 29th 2016, **The High Museum of Art** in Atlanta, will premiere a major retrospective of the work of photographer Vik Muniz, one of the most innovative and creative artists of the 21st century. Muniz's most recent work utilizes electron microscopes to unveil what is inaccessible to the human eye which promises to offer a unique perspective. **Postcards from Nowhere: Hong Kong (2014)**



Another innovative exhibit at Atlanta Contemporary Art Center will be "The Fifth of July" running from February 4th through May 1st 2016. This exhibit is a collection of paintings, sculptures, ceramics and videos paying tribute to the day after the Fourth of July's fireworks are over when an evocative chaos remains. Exhibiting artists include: Charles Harlan, Katherine Bernhardt, Lucas Blalock, Robin Cameron, Alex Da Corte, Tom Holmes and Chris Wiley.

# Atlanta Arts And Culture

by Carl Llabres

The **Atlanta Contemporary Art Center** will exhibit the works of Ebony G. Patterson from February 17 through April 21 2016. Ebony G. Patterson brings to life spectacular representations of gender, politics and traditions blending sequins and crochet to create mesmerizing tapestries that are part of the Jamaican tradition called "a bling funeral" which is part of Kingston's working class which represents a celebration straddling both the world of the living and the spiritual world. **Shrubz (2014)**



Robin Cameron  
**The Dashed Miscontrue (2014)**





Nothing fuels romance more than a dose of spontaneous travel. So this Valentine's Day indulge in a romantic getaway. From Atlanta, look no further than the mountains for a weekend liaison with your significant other.

### The Mountains

In the turn of the century, the mountain air of Asheville, NC was thought to have remedial properties and in current day the "Magic Mountain" effect is still operative and generally kicks in the higher the altitude. From up there you and your sweetie can find a new attitude and a brand spanking new perspective and lease on life - and love. One mountainous possibility is Asheville, NC in front of an outdoor fire or under a cloud-like feather duvet. Here you'll find the perfect conditions to re-kindle your heart to heart connection at the remarkable and completely unique Bunn House ([bunnhouse.com](http://bunnhouse.com)).

### Asheville, NC's Bunn House - Hospitality Reinvented

The New York Daily News calls this exceptional new boutique hotel a blend of "folksy and fabulous" finding it to already be "Asheville's coolest hotel;" While Travel + Leisure, finds the "five-room luxury boutique inn" to be perfectly pitched."



With its exposed brick honoring the original 1905 brick maker/owner Albert Bunn and the newest owner's seamless virtual reservation service, The Bunn House thrills us with its impeccable restoration, slew of surprises, complimentary and imaginative goodies, high end everything done with gusto, wit, sophistication and a dash of brilliance. The both traditional and contemporary Bunn House elevates all notions of the classic bed and breakfast combining historic charm with a heady mix of cutting edge luxury and innovation.

As you enter the magnificent, spare, and mysterious (mysterious in one way because you may never actually meet the management) lobby area replete with slide show that invites you into its multi-year renovation process, a panoramic Asheville photo and all the fixings for a sophisticated course in mixology suitable for Mad Men with an array of snacks for midnight or before or after. As you proceed to your guest room, you'll begin to feel the spell of the place as a deep sense of quietude sweeps over you. This is perhaps induced by the white sound machine in every room as well as the zephyr-inspired Haiku ceiling fans, the Lavender Pillow Mister, and sustained, no doubt, by the one hundred year old walls.

Just to give you an idea of the lengths these hoteliers have gone to assure our complete and utter enjoyment on every level: Each of the five stunning and spare guest rooms have their own custom mattresses, heated bathroom floors, steam shower, dual Nespresso Aeroccino milk frother, a made in France Harry Josh pro hair dryer, L'Occitane



toiletries and shower gels as well as individual balcony or patio and on the top level - a thrilling roof top terrace with cushions, blankets and its own stash of late night adult beverages and herbal teas with steaming water faucet. The bathroom tiles seem informed by the work of the neighboring Biltmore Estate's 100-year old Spanish tile master Guastavino. His designs are legion for the Biltmore massive indoor swimming pool and state of the art gymnasium as well as some of New York's most admired Beaux-Arts landmarks.

The Bunn House - this urban inner sanctum with the hip factor in spades - has a rod iron fence and gated security access to its seeming secret formal garden, out-door fireplace and is framed with romantic gas lanterns. Its ongoing array of imaginative extras and treats (like the two Haagen-Dazs Dixie cups in the small freezer and the nightly freshly baked cookies or pralines set out for us by the hotel elves or the silently sliding open wide bathroom drawer loaded with every variety of toiletry - all will bring the kind of delight of a child spilling his or her Christmas day stocking prizes onto the floor.

## AQ Month-Ahead Tarot Spread

### February 2016 Reading

### Legacy of the Divine Tarot



**8 OF SWORDS:** You may be feeling somewhat indecisive about an issue or problem that is bothering you, but now is not the time to do simply nothing. Take a few moments to think through what might be the best course of action, even listing pros and cons of alternatives if that would be helpful. Remember that to do nothing is making a decision, and the results could very well not be in your favor. So instead of waffling back and forth, or just postponing what may be a difficult choice, just go ahead and do something.

**4 OF WANDS:** Things will start looking up this month, especially if you have felt that you were in a murky, unclear place where confusion reigned. The good news is that you are entering a time of peace and calm, a time of replenishing yourself now that the new year is getting underway. You will start feeling more stable and secure as you look optimistically towards the future, so use this time to evaluate your goals and see if you are headed in the right direction. Good times can be in your future, so let them happen.

**TEMPERANCE:** This month can be magical in a wonderful sort of way, allowing the alchemy of change to take place. You can transform a challenge into something that will bring more balance into your life, and you can allow yourself time to do this. Patience is important right now, so there is no need to rush anything. Moderation is also helpful, so show self-restraint when necessary. Changing ourselves may take time, but it's worth it. So look for ways to bring in more harmony by letting two completely different things lead to the creation of something new and different—a synthesis of two elements combining and resulting in a unique way of doing or perceiving to create a better outlook.

**7 OF SWORDS:** Some type of deception may be lurking about, so stay on your toes and keep your eyes open to what is going on around you. This dishonesty or untruthfulness could be coming from others or from yourself. So ask yourself: Am I being above board with how I feel? Am I giving myself excuses for not doing something that would benefit me because I just don't want to, or are scared to? If others are the problem, be tuned in to your intuition so you can spot this negativity easily, and either confront the person or just move on. This energy could be the instigator for something new coming into your life.

**TRENDS FOR THE MONTH:** This could be a month of some ups and downs, but you will have the patience and optimism to deal with whatever happens. Make a decision about challenges and then move on, rather than vacillating back and forth and not doing anything. Stay upbeat and hopeful, because good things are on the way. Practice patience as you make changes, bringing visions and goals into fruition; use caution in dealing with others to detect if anything seems suspicious. Ask yourself if you are being honest with yourself and if not, find out the source of this feeling and do something about it.

**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.





# Energy Goes Where Intention Flows

It's such a simple statement but it reminds you that you have the power to control it. All too often we forget how powerful our thoughts can be and that they can create our reality. The trick is to catch yourself, to become aware of where your thoughts are and consciously lead them in a positive way.

After all life is about choices. Choices in how you interpret situations based on your learned behaviors and how you react to them. In any relationship, it is important to understand the experience and the perspective of the other person. This is a higher frequency type of understanding such as empathy and tolerance. In other words, understanding someone's perspective does not necessarily change what you do but how you do it. Knowing this can help people be more effective in setting boundaries about learned behaviors and in working towards a positive change. Everyone has a choice as to how they live their life on a day to day basis and how they treat people no matter what their family history is.

An example of this type of misperception based on learned behaviors is in society's view of racism. The true definition of racism is: "the belief that all members of each race possess characteristics or abilities specific to that race, especially so as to distinguish it as inferior or superior to another race or races. Having prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one's own race is superior".

Therefore, the definition of racism can be construed as an oxymoron because all human races share 99.99+% of the same genetic materials which means that division of race is largely subjective. As defined by anthropologist, sociologist and biologist the human race belongs to the species called homo sapiens. Therefore, we are all essentially one in the same and identified and classified based on similar genetic features.

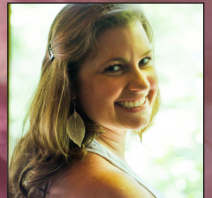
A more compassionate way to look at "race" is that there are over 5,000 different ethnic groups in the world in which most people are a mixture of two or more. Therefore, the differences in "race" are so slight like the shape of eyes, or size of forehead or pigment of skin color that they become obsolete unless you focus your energy on a learned behavior instead of choosing to focus on the facts. Even prior to the Civil Rights Movement, The United Nations, in a 1950 statement, opted to "drop the term 'race' altogether and speak and refer to "ethnic groups". This was their attempt to establish unity rather than focus on division but it failed. Again, where your focus and energy goes is where your intention will go. So it is up to the individual to choose to focus on educating themselves on others perspectives and being empathetic in how you interpret a situation in order to react in a kindhearted manner.

No one is perfect and learned behaviors can be very hard to break. Being in the present moment and consciously aware of your reactions is vitally important in all parts of life. All too often we do not realize how often we react unconsciously based on learned behaviors. Even if your intention is not malicious the impact could be profound. For example: you are in the park playing Frisbee with a friend and you accidentally hit someone in the face and break their nose. Did you intend to hurt that person? No but the impact was profound to the person you hit in the face who has a broken nose.

All people are basically good and want and intend to do the best thing. Although, some of our life experiences damage us and can create patterns that trigger fear based actions. Vilifying, blaming, and victimizing each other for reacting out of fear does not lead to change. We must work together towards a greater understanding and that lead us towards a more empathetic, compassionate, and tolerant society.

If you focus your energy on being more considerate, accepting and open minded towards everyone and everything imagine where your intention will go? It will go towards having compassion for all and choosing to do the kindest and best thing.

## We Are One



By Crystal Starshine

When we open our hearts and minds to the mysteries that are around us, we begin to see a bigger picture than that of which has been painted for us by our realities. We are taught as wee babes to do exactly as our parents, elders and teachers have taught us. Our politics and News continue to train us, or better yet, try to train us to think in ways we do not feel comfortable with. Some of us have broken the rules and decided we were not going to fit in the jello mold of ideals that our societies have bestowed upon us. Instead we tread new waters, make waves and find our own path and understanding of what our reality is to become.

Some of us have been lucky enough to break those molds and find like-minded, open hearted people, mentors and spiritually minded people. I have been lucky and if you are reading this article you have too! The doors are flung wide open for knowledge for those who look around a little more. This new age way of thinking is really not new; it has been around for many years.

Let me share a little light! In 1888 a woman named Helena Petrovna Blavatsky, a theosophist, wrote in her book *The Secret Doctrine* about root races. Theosophy is a system of esoteric philosophy seeking direct knowledge of presumed mysteries of being and nature concerning the nature of divinity. It is part of a broader field of esotericism that refers to hidden wisdom and knowledge.

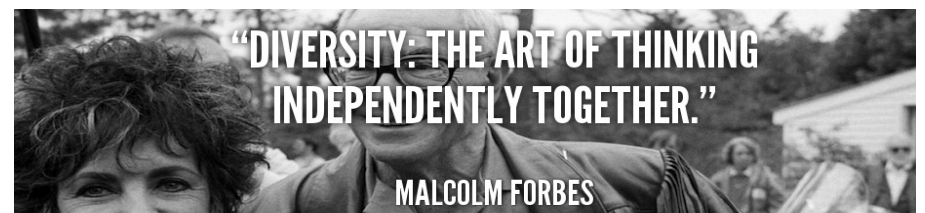
According to Blavatsky there were to be seven root races on Earth and each root race was to be subdivided into seven sub races. Madame Blavatsky describes the First Root Race as Polaria: they were ethereal beings that reproduced by splitting like amoeba. The Second Root Race was Hyperborean, with golden

yellow skin that budded their offspring. The Third Root Race were the Lemurians who began reproducing by laying eggs but by their fourth sub race they were reproducing like today. The Fourth Root Race were the Atlanteans and were said to have started in Africa and reproduced by a progenitor or Manu. Manu is a Hindu term for a creation story such as Adam and Eve, or the survivors of a great cataclysm. They were described as having beautiful bronze skin that eventually through the sub races became the red American Indian, brown Malayan and the yellow Mongolian. They were the first root race to migrate across the world to America and Asia.

The Fifth Root Race is what we are said to be in by Blavatsky. She stated that this root race is the age of humanity and that this is the race of many colors and where the whitest creamy color came in.

Her simple yet powerful thoughts, feelings and findings were words spoken 127 years ago, yet many still do not understand the concept. We are all one, we were not created to be separated from each other, to fight and make war against each other in our own country or in that of others.


The time is now to break the mold, open our hearts, expand our minds with hidden knowledge and truths. Seek out the mysteries of what is right for each of us, what makes us tick and what makes all of us human. Connection to our divinity lies within us, let us all know that we are one. Blessed Be.



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



the alchemy of sustainable success  
Stop Sabotaging and Start Succeeding



arrington  
associates

**the alchemy of sustainable success**

**stop sabotaging and start succeeding**

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

You can succeed in life and business and sustain it.  
You'll immediately start creating a happy, joy-filled, and abundant life.

**becky arrington**  
alchemical hypnotherapist  
life altering coach

Contact her today to start improving your life!  
**770.778.2051**  
becky@arringtonassoc.com  
www.arringtonassoc.com

760 old roswell road, #231 roswell, georgia 30076

CLASSES | MEDITATION | COUNSELING | JOURNEY



**KARIN  
KABALAH  
CENTER**

## KABALAH: A PROCESS OF AWAKENING

New Class Begins April 5, 2016  
Meets Every Tuesday | 7-9 pm  
\$75/Month (includes course material)

Free Introductory Lecture:  
March 29 at 7 pm

### TO REGISTER

Please call the Center  
at (404) 320-1038 or go to  
www.karinkabalahcenter.com



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

## AQ conscious business

w/becky arrington

## NEED A CAREER BOOST? TRY GRATITUDE!

**Guest Columnist**  
**MARIE FRATONI, CEO**

Gratitude has become a popular buzz word. We have a national holiday devoted to it, Hallmark definitely makes a profit from it by creating a plethora of gorgeous greeting cards, and daily Facebook posts sharing gratitude are on the rise. Could there be additional benefits to giving gratitude a focus on a regular weekly or daily basis, does it really work? And can it help you in your career?

I recently conducted a bit of informal research on the impact of gratitude on career and business. Since I work as a Business Coach and Consultant, I thought I would research it from that angle, to see how this might positively impact my clients and community. A common thread that is woven throughout the research suggests that people who focus on gratitude create growth, confidence, happiness and positive impact.

How gratitude shows up in business:

### \*Effective Team and Business Management

- Gratitude creates happy, effective leaders and managers, who inspire, direct and support their teams and businesses, passing strong positive values to employees and colleagues.

**\*Expanded Networks** - Gratitude increases "social capital", affects our worth, and helps us attract new clients, colleagues, mentors, and potential partnerships. This actually makes a lot of sense, as we are often limited in our scope and reach when we operate solo or with the "Lone Ranger Syndrome". However, as our personal and professional networks grow, we have access to more, which allows us to share more, so that we can be and do more.

**\*Successful Goal Achievement** - Research suggests that those who write down goals, take committed action, AND write in a Gratitude Journal, achieve goals faster and easier. Score! In fact there is a ton of research on the power of writing down goals. And, when this action is coupled with writing in a Gratitude Journal, that is, writing as if we have already achieved those goals with a sense of gratitude, there is a higher probability of achieving those intended results.

**\*Improved Decision-Making** - Studies show that a sense of gratitude motivates us toward far-better decision-making. Decisions can be costly. Those who cultivate and nurture an attitude of gratitude are often seen as strong, confident, resilient, and willing to quickly take thoughtful decisive action. Confidence seems to have a high correlation to gratitude.

**\*Increased Personal Productivity** - Gratitude has been shown to boost self-esteem and reduce insecurity, and it means that it

can help us focus and improve our productivity. Again, having that strong sense of gratitude in life, for all of the good, the bad and the ugly, seems to increase a sense of confidence and well-being. Plus, it's easy to get things done, accomplished and completed when we are in a space that is influenced by a mindset of gratitude and appreciation.

So turn up your Gratitude Attitude! Yes, turn up the volume! Colleagues share that creating and maintaining Gratitude Journals are well worth the time and energy. I've also found that to be true, and have instituted this practice for several years. From time to time, it has been fun and insightful to pull old journals out and glance at what I once wrote. How interesting to see the panoramic view of what transpired in my life, what I had, what I wanted, what I yearned for, and what I was honestly appreciating.

Treat yourself to a beautiful new journal. There are so many styles that will tickle your fancy. Allow yourself to shop, see and feel what looks inspiring to you, and select one that calls to you, and will motivate you to write. Select a beautiful writing implement to use just for this purpose.

Begin the day listing five or more things you are grateful for, and claim them for yourself, each and every day. In fact, you can write that you are grateful for things and results that haven't even occurred yet. Yes, claim them. Allow your creativity to come alive. Use vibrant color, add some doodles, joyful highlights, and set this daily time as a commitment to your personal growth and development.

Savor surprises. Begin to record unexpected happenings, as this tends to elicit deeper levels of gratitude. Take notice of unexpected events and acknowledge those special moments and notice what happens. It is said that "what you focus on expands."

And as you do all of this, with love attention and a grateful heart, then step back and allow the Law of Attraction to do its magic in your life, your business or career.

**Marie Fratoni is a Business Coach, Consultant and Speaker. As CEO of Get Clients Everywhere, she works globally to help professionals build solid, long-term, successful businesses. She coaches business owners and professionals to become savvy, social, and successful through cultivating professional relationships that are both fulfilling and profitable. She provides sound business-building strategies, coaching, and knowledge-filled seminars that are fun, dynamic and valuable. Find her at www.getclientseverywhere.com**



## What's happening?

1 MONTH \$145.00 6 MONTHS \$125.00 / mo. 12 MONTHS \$95.00 / mo.

**VISIT WWW.AQ-ATL.COM FOR DETAILS**  
Look for our great print & web combo deals!


www.AQ-atl.com

Healing People & Pets  
**Philippa KINGSLEY**

VortexHealing® Divine Energy Healing • Animal Communicator  
Spirit Medium • Author: *Rising Above Grief For People And Pets*

**Angelic Heart Meditation**  
To Open Your Spiritual Heart

Wednesday, February 17 7pm – 8:30 pm  
At Phoenix and Dragon Bookstore - \$15



Tel: 404 255 4760 or cell 404 667 3926  
www.healingpeopleandpets.com • philippa@healingpeopleandpets.com



# AQmmunity calendar

## SUNDAY CHURCH SERVICE

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

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

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

**City Of Light/Unity** - Sunday Services at 11a.m. Feed the Hungry and Homeless, Wed - 5p.m., Food Bank, Friday, 11-1p.m., 1379 Tullie Rd., Atlanta, GA 30329, [www.cityoflightatlanta.com](http://www.cityoflightatlanta.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).

**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

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

## WEDNESDAY

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

## WEDNESDAY

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

## 2ND FRIDAY

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

# AQmmunity classifieds

\$15/ MO VISIT [WWW.AQ-ATL.COM](http://WWW.AQ-ATL.COM) FOR DETAILS

## ASTROLOGY

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

## CHIROPRACTOR

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

## ENERGY HEALER

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

## FOREVER AND A DAY PSYCHIC FAIR

2nd Saturday of each month 10:00 - 6:00 All readings are \$1 per minute...20 minute minimum, no limit for length of reading. Some of the area's most popular and experienced readers! 770-516-6969 [www.ForeverAndADay.biz/calendar.html](http://www.ForeverAndADay.biz/calendar.html)

## MASSAGE THERAPY

Abundant Wellness... Briana Bromfield, your Licensed massage therapist assisting you to achieve the well-rounded healthy life you deserve! I specialize in: Deep Tissue, NMT, Sports, Massage Medi Cupping, Ayurvedic treatments, Swedish, aromatherapy, hot stone and Many other choices to fit your health needs!

## ROHUN THERAPY

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

## SPIRITUAL CENTER

Myst of the Wildwood, established & ethical Coven of Wicca accepting Adult seekers for training. Our roots are Traditional, Celtic & light Native American. Classes - Call: 404-723-7549 or e-mail [mystwild@bellsouth.net](mailto:mystwild@bellsouth.net)

## INTERFAITH TRUTH

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>

## GLOBAL HUMANITARIAN SUMMIT March 17-19, 2016

### Doing Good

Save The Date for this ground-breaking humanitarian festival and celebration!

Unity North, 4255 Sandy Plains Rd., Marietta

## 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

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



*An oasis in the city  
offering a healthy mix of  
scientific, psychological  
and spiritual programs.*

Complete information on space rental, pricing and calendar of events at [withloveandlight.com](http://withloveandlight.com) or email [thecenterforloveandlight@gmail.com](mailto:thecenterforloveandlight@gmail.com)

### WEEKLY RECURRING EVENTS

MONDAYS | 6:30 - 8 PM  
**TRAUMA CONSCIOUS  
YOGA CLASS**  
with Sonali Sadequee, RYT (\$15)

MONDAYS & WEDNESDAYS | 12 - 1:15 PM  
**Energy Yoga**  
with Charlotte Ottley (\$15)

TUESDAYS | 7 PM  
**Meditation on Twin Hearts**  
with Ursula Lentine (\$5 and up)

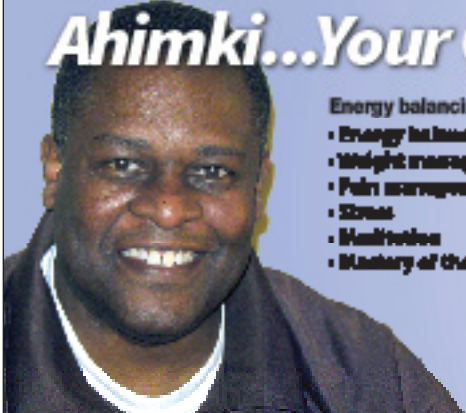
WEDNESDAYS | 7 - 9 PM  
**Community Kirtan**



**New larger event space  
now available for rent!**



ACUPRESSURE / ACUPUNCTURE



## Ahimki...Your One-Stop Center for Energy Balancing Services

Energy balancing services can help you with:

- Energy balancing body, mind, spirit
- Weight management
- Pain management
- Stress
- Meditation
- Mastery of the brain


Feeling younger  
Improving flexibility

Energy balancing modalities include:


- Ahimki Mind Management Training
- Energy balancing
- Universal Mindfulness system
- Neuro Integration System (NIS)
- Access Consciousness
- Crystal Sound
- Touch for Health
- Chi Gong
- Acupuncture
- Reiki

**Mark Armstrong, ND, BMC**  
335 Sun Valley Drive, Suite A2  
Roswell, Georgia 30076

**(770) 552-4242**  
[www.ahimki.net](http://www.ahimki.net)  
[ahimkicenterforwholeness@gmail.com](mailto:ahimkicenterforwholeness@gmail.com)




ASTROLOGY



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

**Donna Page MS**  
**Free Astrology Chart Service**  
Learn Astrology - only \$19.95 month  
[www.lovinglightastrologer.com](http://www.lovinglightastrologer.com)  
Consultations starting at \$25.




BOOKSTORES

# [www.mysticmountain.biz](http://www.mysticmountain.biz)

An Online New Age Book & Gift Shop  
For All Things Metaphysical

**20% Off In December**

**Your Cannabis Garden**.com



## PSYCHIC FAIR THE 2ND SAT OF EACH MONTH

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

Monday Closed  
Tue-Thu 10-6:30  
Friday 10-9:00  
Saturday 10-6:30  
Sunday 12-6:00

7830 Hwy. 92, Woodstock, Ga 30189

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

- New and used books
- Large selection of crystals and tumbled stones
- Jewelry
- Candles
- Aromatherapy oils
- Teas
- Incense
- Clothing
- Greeting cards
- Positive Thinking/Affirmation/Conscious Living Products
- Gaea's World Ceremonial Herbs
- Abundant selection of spiritual tools - divination, statuary, sweetgrass and sage
- Life coaching
- Classes
- Intuitive readings - psychic, astrology, tarot, crystal, palmistry
- Bodywork and massage - Asian, acupressure, energy work/Reiki, therapeutic



## PHOENIX & DRAGON BOOKSTORE

Books and Gifts Celebrating the Human Spirit

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

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

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



## CHIROPRACTIC CARE



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

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

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

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

We look forward to working with you.


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

### REUTER CLINIC OF CHIROPRACTIC

4676 N. Shallowford Road, Suite 100  
Dunwoody, GA 30088

**770-455-4547**


## CENTERS / CHURCHES



## The Dallas Center

"The most innovative and important technology in the field of personal growth."  
START THE NEW YEAR OFF RIGHT! Call for info on groups and workshops such as: Advanced Communication Skills for Couples, Releasing Trauma, more...

**Robert Dallas, Ph.D., LPC**  
[www.thedallascenter.com](http://www.thedallascenter.com)  
[facebook.com/thedallascenter](https://facebook.com/thedallascenter)  
25 years of licensed experience  
**770-993-4432**





Celebrating one world, one heart, many paths

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

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

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

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



## Trinity Center for Spiritual Living

Create Your Best Life and Thrive!

1095 Zonolite Rd. Atlanta, GA 30306 [www.trinityers.org](http://www.trinityers.org) 404-296-6064



You are a remarkable expression of Source energy. Now is the time to live your truth!"  
-Rev. Tony Crapolichio  
**Sundays, 11:00am**  
**Meditation, 10:30 am**



The journey of Life is to know oneself the path begins in the Heart.

## Inner Quest -a Metaphysical Christian Church

**SUNDAY SERVICE 10:30a**  
**Tuesday Night Service 7:30p**  
**Healing & Connecting Appointments Monday-Friday 10a-4p**


Cindy Fuller & Patrick Albert - Ministers  
**770/521-2875 • InnerQuestChurch.org**  
**12830 New Providence Road • Alpharetta, 30004**

**CLASSES**  
Meditation, Psychic Development, Reiki, Healing, Full Seminary Program

**HEALINGS**  
Reiki, Reiki Therapy, Color & Crystal Sound, Chakra Balancing, Inner Light

**METAPHYSICAL COUNSELING**  
Psychic Readings, Spiritual Counseling, Universal Law Counseling, Body, Soul & Mind Readings, Past Life & Angel Readings



## CHURCHES



**4255 SANDY PLAINS RD.**  
**MARIETTA, GA 30066**  
**678-819-9100**  
**[WWW.UNITYNORTH.ORG](http://WWW.UNITYNORTH.ORG)**

Sunday Services  
9:00am & 11:15am Sanctuary

Wednesday Meditation Service  
7:30pm Peace Chapel



CHURCHES

# Achieve Your Highest and Best Unity @city of light

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



Rev. Dr. T. Paul Graetz

**Sundays:**  
11 AM Celebration Service with great music  
and Children and Teen programs

**Spiritual Growth Classes:**  
10 AM Sundays and 6:30 Wednesdays

**Feed the Hungry and or Homeless** Weds 5 PM  
Food Bank Fri 11-1 PM

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

**1379 Tullie Rd NE Atlanta, GA 30329**



**UNITY of  
KENNESAW**

## A DIFFERENT PATH TO LET YOUR SPIRIT SOAR

- Spiritual seekers often say that finding Unity is like coming home.
- We are an open-minded community that honors all paths to spiritual enlightenment.
- Enjoy inspirational speakers and musicians while getting to know like-minded individuals.

**Come Join Us  
Every Sunday 11 am**

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

Big Shanty Elementary  
1575 Ben King Rd., Kennesaw, GA 30144

COUNSELING



**Center for Change**  
Lynn E. Beal, LPC  
(Licensed Professional Counselor)  
Lucie E. Martin, LCSW  
(Licensed Clinical Social Worker)

**MIND/BODY HEALING**

- Experienced professionals in private and hospital settings
- Expanding traditional Behavioral Medicine to integrate emotional and spiritual aspects of mind/body healing
- Individuals, couples, groups
- Utilizing cognitive change techniques including Clinical Neuro-Linguistic programming (NLP) and Mindfulness Meditation DESD
- Clinical training and supervision

**(404) 843-9696 • 300 West Wieuca Road, Suite 113, Atlanta, GA 30342**

# BE SEEN HERE NEXT MONTH!

# \$85.00

Single Banner  
per month

HEALING

**Energy  
Healing**

Individual and Group Work 404-929-9030 [www.RoseLightWorks.com](http://www.RoseLightWorks.com)

**Offering**

- Individual Somatic and ThetaHealing® Sessions
- ThetaHealing® Basic, Advanced and Manifesting & Abundance Workshops



**Rose D'Agostino**

- Certified Teacher of ThetaHealing®
- Graduate of The Institute of Core Energetics & Barbara Brennan School of Healing
- Holds a Master's Degree in Clinical Psychology



**Laura Halls, CHT, CSC**  
Private Consultations offered in:  
Hypnotherapy • Past Life Regression • Angel Readings • Life Between Lives Regression  
DNA Healing • Spiritual Counseling • Energy/Crystal Healing  
Laura has been trained by Michael Newton, Doreen Virtue, Margaret Ruby & Dick Sutphen.



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

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

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



## HYPNOTHERAPY




**For: Peace, Clarity, Guidance, Life Purpose, Health, Joy, Boundaries, Creativity, Power, Intimacy, Intuition, Past Lives**  
**Release: Fears, Pain, Trauma, Co-dependency, Addictions, Sabotage, Sexual Issues, Loneliness, Abuse, Rage, Insomnia**  
**DEBBIE UNTERMAN**, Alchemical Hypnotherapist & Trainer; Author: *Talking to My Selves*; **State Certified Mediator**; **Inventor: Game of Clarity and Satori**; 25 years in practice  
**404-297-5705**

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

## PSYCHICS

**KAREN MOORE THOMSON,**  
PH.D., RYT 200  
METAPHYSICAL READER, HEALER, TEACHER, MINISTER  
[www.MetaphysicalHealer.net](http://www.MetaphysicalHealer.net)  
404.274.0083  
[www.facebook.com/TheCenterforHealingandSpiritualAwareness](http://www.facebook.com/TheCenterforHealingandSpiritualAwareness)



*Esence From The Ancients*



Protection and Purification Products

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


**Damaris**

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


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

[www.damarisstarr.com](http://www.damarisstarr.com) | [www.thestarrbar.blogspot.com](http://www.thestarrbar.blogspot.com) | [damaris9@gmail.com](mailto:damaris9@gmail.com) | Check PhoenixandDragon.com for Damaris' Classes







**10% off Psychic Readings & Tea Leaf Reading Kits** normally \$69.95  
at Market place 120  
562 Wylie Rd SE #24, Marietta, GA 30067  
[www.psychichouse readings.com](http://www.psychichouse readings.com)



**CAMELLIA**  
ESTATE

**10 % off tea & gifts or a Tea Blending Workshop**  
at Marketplace 120 or [www.camelliaestate.com](http://www.camelliaestate.com)





**Dr. Reggie Johnson**  
21st Century Prophet and Master Teacher  
[www.prophetreggie.com](http://www.prophetreggie.com)  
1.800.401.8129

*"Reggie is an amazing and gifted man...no question this is the real deal." Teri Gomez*

*"There is always a spiritual solution to every problem."*



## PSYCHICS

SINGLE COLUMN \$85.00 / DOUBLE \$145.00  
VISIT [WWW.AQ-ATL.COM](http://WWW.AQ-ATL.COM) FOR DETAILS Look for our great print & web combo deals!

**Vanessa I. Villalba**  
LLC Psychic, Medium, Healer and Teacher



Schedule an appointment  
or for information about  
the various classes.  
[www.vanessaivillalba.com](http://www.vanessaivillalba.com)  
678-653-9301  
email: [vanessaivillalballo@aol.com](mailto:vanessaivillalballo@aol.com)

**Readings:** Psychic, Medium, Card

**Healings:**

Reiki-Usui and Holy Fire Karuna Reiki®  
Vibrational Healings - Chakradance™  
Crystal Healing Singing Bowls

**Classes:**

Usui, Holy Fire Usui and Holy Fire  
Karuna Reiki®, Chakradance™  
Psychic Development; Protection,  
Clearing and Cutting Cord

Las consultas y/o clases también pueden ser en ESPAÑOL. Comunícate con  
Vanessa para hacer una cita para lecturas, sanación Reiki o vibracional y para  
información acerca de las clases. Web en Español: [www.vanessaivillalba.com](http://www.vanessaivillalba.com)  
Correo electrónico: [vanessaivillalballo@aol.com](mailto:vanessaivillalballo@aol.com) 678-653-9301

**The Spiritual Tarot:**  
*The Keys to the Divine Temple*



My Second Edition - January 2014

Available on Amazon.com  
and Local Metaphysical Bookstores

Please Visit My Web Site  
[www.marie-claire.tv](http://www.marie-claire.tv)

**Marie-Claire**

European Intuitive Consultant

- Direct Clairvoyance
- Tarot Readings
- Medium for Spirits

Consultations by Phone

Toll Free Number

**1-877-847-7330**



## AQcommunity business cards directory

YOUR CARD HERE. \$50.00 PER MONTH CALL 770-641-9055  
GO TO [AQ-ATL.COM](http://AQ-ATL.COM) FOR DETAILS

20 YEARS EXPERIENCE

**REBIRTHING  
&  
BREATHWORK**

**Debi Miller**  
Facilitator & Trainer

**404.299.1575**  
[debtm11@aol.com](mailto:debtm11@aol.com)


**Candice G. Smith**  
Transformational Life Coach  
Spiritual Counselor  
Author/Motivational Speaker  
Reiki Practitioner



**Love Through Grace**  
Change your mind, Change your life  
Helping you to manifest the life that you deserve!

[www.Lovethroughgracedivinecreations.com](http://www.Lovethroughgracedivinecreations.com)  
770-568-0373  
[Lovethroughgrace0@gmail.com](mailto:Lovethroughgrace0@gmail.com)

**Green Healing Beauty**



**Dina Varlamova**  
Holistic Health Coach:  
Weight Loss  
Detoxification  
Auto-immune

**860-690-5706**  
Email: [greenhealingbeauty@gmail.com](mailto:greenhealingbeauty@gmail.com)

[www.EFTCenter.com](http://www.EFTCenter.com)  
**EFT Center**  
Emotional Freedom Techniques



**Walt Rodenberger**  
770-630-6898  
[Walt@eftcenter.com](mailto:Walt@eftcenter.com)  
Meeting Fridays 7:30 PM

155 Powers Ferry Road, Marietta, GA 30067

**Shirley Kelly**  
Intuitive Spiritual Counselor  
Reiki Master

Specializing in Readings  
Private & Phone

Available for Parties  
Meet your Guides and Angels

**404-697-1854**  
[s.kelly828@yahoo.com](mailto:s.kelly828@yahoo.com)

**Awakening Spirits, Inc.**  
770-209-0008  
[www.awakening-spirits.com](http://www.awakening-spirits.com)



Call today for an  
appointment with  
Oriella Valley

- Intuitive Readings
- Energy Healings
- Reiki Treatments
- Reflexology
- Detoxification Programs
- Natural Body Care Products

The Global Mall 5675 Jimmy Carter Blvd., Suite 732 Norcross, GA 30071

**SPIRITUAL ENLIGHTENMENT  
COUNSELING SERVICES, LLC**  
SPECIALIZING IN ANXIETY DISORDERS  
678-350-8877



AVAILABLE TO TRAVEL TO MY CLIENTS!

*Rev. Cary L. Schrock*  
Counselor  
[SECS0404@GMAIL.COM](mailto:SECS0404@GMAIL.COM)

**Integrated Energetic Healing**  
Healing for Body, Mind & Spirit



**Lisa M. Larsen-Moss**  
Spiritual Healer  
Minister

Kabbalistic Healing Techniques  
Reiki Master  
Brennan Healing Science  
ThetaHealing Practitioner

404-213-0582  
[lm1arsen-moss@att.net](mailto:lm1arsen-moss@att.net)

**Psychic Medium  
Trance Channel  
Clairvoyant**



**REV. DONNA  
FITZGERALD**

770-846-9686  
[www.mstulipandme.com](http://www.mstulipandme.com)  
By Appointment Only





# SYNCHRONICITY

*A Spiritual Jewel in Atlanta*



**WELCOME from  
Dr. Scheherazade Taylor (Owner)  
& All the Practitioners and Staff**



## HEALTH & PSYCHIC FAIR

*(Every 4<sup>th</sup> Saturday and Sunday of the Month)*  
1:00PM – 7:00PM All Services \$1 per Minute

## SUPER PSYCHIC SATURDAY FAIR

*(Every 2<sup>nd</sup> Saturday of the Month) 1:00PM – 7:00PM*

### HEALING CLASS & CHAKRA TONING with Paula Gore

*(Every 3<sup>rd</sup> Sunday of the Month) \*2 Separate Classes\* 1:30 PM & 4:30 PM*

### MONTHLY MEETING with Medium Yvonne O'Brien

*(Every 1<sup>st</sup> Saturday of the Month) 11:30 AM to 1:30 PM*

**Reaching Out to the World**

Intuitive Readings,  
Spirit/Mind Treatments,  
Life Coaching,  
Pranic, Reiki Healing,  
Classes & Workshops,  
Candles, Incense, Sage,  
Stones, Oils, Jewelry,  
Tarot/Oracle Cards,  
Books & More

**ROOM RENTALS  
AVAILABLE FOR  
WORKSHOPS,  
MEETINGS & SPECIAL  
EVENTS!**

### WEEKLY HIGHLIGHTS

**SACRED AWAKENINGS with Joyce Rennolds**  
Mondays 10:00AM - 11:30AM

**METAPHYSICAL TOPICS with Anne Ferguson**  
Wednesdays 7:00PM - 8:00PM

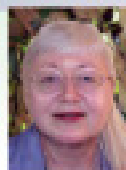
**MEDITATION HOUR**  
Thursdays 7:00PM - 8:00PM

Call the Store (770) 640-8184 for more  
Information and on Other Events & Classes

861 Holcomb Bridge Road ☎ Suite 109 ☎ Roswell, GA 30076 ☎ 770-640-8184  
www.synchronicityatl.com ☎ synchronicityamd@gmail.com

# PHOENIX PSYCHIC CENTER

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



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

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



### Nancy Hedges • Certified Astrologer • Tarot

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

### Caroline Brown • Psychic • Medium • Channel

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



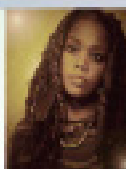
### Jackie Millsbaugh • Astrology • Tarot

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



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

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



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

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



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

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



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

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



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

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



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

5531 Roswell Rd NE • 1/2 mi inside I-285  
404-255-5207  
www.phoenixanddragon.com

CALL FOR YOUR  
APPOINTMENT:  
404-255-5207