

September 2017/Virgo

AQUARIUS

Exploring Life In the New Age

The New Aquarians

Indigos...Empaths?

Kate Rose

**Indigo Child -
Purpose and Mission**

Doreen Virtue, Ph.D.

Community Spotlight

Karin Kabalah Center

The Art of Aquarius

John Springer

The Namaste Conspiracy

Featuring:

Ian Boccio
Brenda Cobb
Phoenix Lea
Awilda Rivera
Crystal Bates
Janis Cohen
Sarah Petruno
Cathy Burroughs
Patty Paul
Becky Arrington
Ariel Rose
Kathleen Robinson
...and more!

What is Kabbalah? AN INTERVIEW WITH SHIRLEY CHAMBERS, DIRECTOR OF THE KARIN KABBALAH CENTER

Q. Just what is this “Kabbalah” that in recent years has become a household word?

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

The Kabbalah's Tree of Life is a mystical symbol used to describe the path to God. By utilizing powerful meditations along with understanding the Tree of Life, you will find yourself connecting to the energy and maintaining true long-lasting fulfillment and connection. You will achieve the answers and freedom that you seek in life.

The Tree of Life also contains the ultimate key to the understanding of human psychology as well as the nature of existence. It reveals one's own psychological and spiritual make-up and unveils the reason for the addictive behavior of mankind that is so prevalent in our world today.

Q. What does one become when he or she utilizes the Kabbalah as a tool in a process of discovery?

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

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

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

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



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

“KABBALAH: A PROCESS OF AWAKENING” CLASS BEGINS Wednesday, September 20

7 p.m.

FEE: \$75 EVERY MONTH (includes materials)

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Q. Can you explain the new world consciousness?

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

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

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



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

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

Q. Tell me a little bit about the Karin Kabbalah Center. What is its purpose?

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

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

If you are interested in pursuing the path of the mystic, the path of Divine realization, we invite you to join us. Mysticism transcends the structures of all religious belief systems while at the same time enhancing the understanding contained within them. Our goal is to help mankind break through the barriers he has placed on himself thereby freeing the Spirit within him to be expressed in full potential.

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

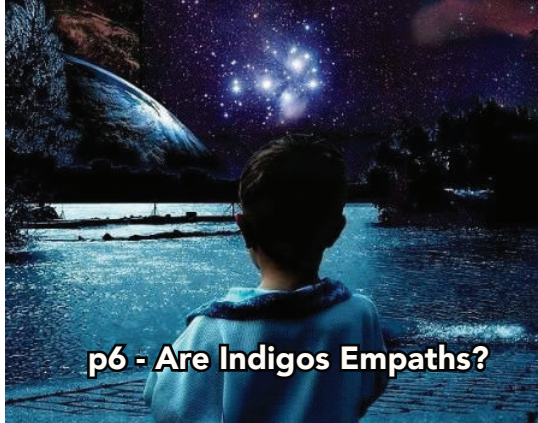
She is the author of the study course, “Kabbalah: A Process of Awakening” and the book, *Kabbalistic Healing*.

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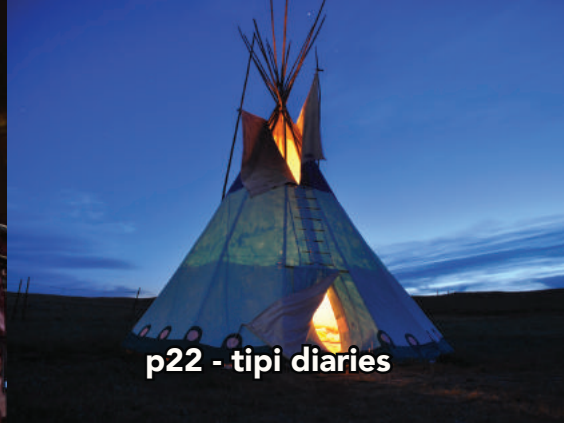




p6 - Are Indigos Empaths?



p19/20 - Swaha Kirtan



p22 - tipi diaries

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Inside AQ...

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

2	Community Spotlight <i>Karin Kabalah Center</i>	18	Awaken The Goddess <i>Crystal Bates</i>
4	The Age of Aquarius <i>Ian Boccio</i>	19	Conscious Citizen <i>Becky Arrington</i>
5	The Namaste Conspiracy <i>Don Martin</i>	20	Swaha Productions <i>Nathaniel Ivey</i>
6	Are Empaths Grown Up Indigos? <i>Kate Rose</i>	21	MODALITY <i>Bhakti Kirtan</i>
7	Indigo Child - Purpose and Mission <i>Doreen Virtue, Ph.D</i>	23	Truth Or Fiction...Or Both? <i>Patty Paul</i>
8	Are You An Indigo Child?	24	Unique Voices <i>www.simplecapacity.com</i>
10	YOGA Under the Bohdi Tree <i>Awilda Rivera</i>	25	Without Restraint <i>Diane Glynn</i>
11	MEDITATION Still Point <i>Phoenix Lea</i>	26	COMMUNITY CALENDAR <i>Weekly Events</i>
12	ASTROLOGY <i>Ariel Rose</i>	27	COMMUNITY CLASSIFIEDS <i>Services and Products</i>
13	TAROT <i>Kathleen Robinson</i>	28	THE ART OF AQUARIUS <i>John Springer</i>
14	To Your Health <i>Brenda Cobb</i>	30	BUSINESS RESOURCES
15	The Intuitive Therapist <i>Janis Cohen</i>		
16	Intentionology <i>United Intentions Foundation</i>		

THIS MONTH

September 2017

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



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

the age of AQUARIUS

Ian Boccio

To gain a greater understanding of where we are headed in this transition to the Aquarian Age, and what challenges we will face as the energy shifts, it will be useful to look back at the previous astrological era that is now passing, the Age of Pisces. We can approximately date the Piscean Age as extending from the year 1 to the year 2000 of the Common Era, or CE, which was formerly known as Anno Domini, or AD, meaning "Year of Our Lord" in Latin and which points to the traditional date given for the birth of Jesus Christ, perhaps the single most significant figure of this age.

The age before Pisces, the Age of Aries (ca. 2000 BCE to 1 BCE) is sometimes called the "Age of Warfare," since it marks the beginnings of large-scale conflicts between nations using professional armies. During the Age of Aries, human civilization became complex enough to permit intense specialization of careers by individual people. One result of this was the creation of the idea of the warrior or soldier, who specializes in fighting other humans. Similarly the idea of professional artists, scholars, craftsmen, etc. emerged at this time. In earlier Ages, the procurement of food occupied most of a person's time, so all of those specialized skills were secondary to the primary tasks of farming and hunting. In the Age of Aries cities flourished, knowledge increased and the arts were refined, but there were also bloody conquests and genocides as nations sought to extend their influence over more land and people. The prophet Abraham was thought to have been born around 2000 BCE, and his influence would build throughout the Age of Aries until it came to full bloom with the beginning of Pisces. In the last 500 years of Aries, the transition to Pisces grew in strength, especially in Europe

and the Middle East, with the rise and fall of Greek, Roman and Persian cultures, which would exert a significant influence on the latter part of Pisces.

The astrological symbol for Pisces is two fish facing in opposite directions, a perfect allegory for the major forces that have shaped this Age. The beginning of the Piscean Age saw the rise to power of the Abrahamic religions, particularly Christianity and Islam, which now account for more than half the population of humans on Earth - almost 4 billion Christians and Muslims. The Age of Pisces is often called the "Age of Monotheism", since this was the first time monotheistic religions had achieved such dominance, guiding the destiny of much of the world for the better part of a thousand years. However, there has been another flow of energy that emerged more forcefully during the second half of the Piscean Age with the rise of Secular Humanism and the pursuit of knowledge through the scientific method. The success of the scientific worldview, with its primary weapon, technology, is nothing short of spectacular. In the space of a few hundred years, humanity went from muscle-power to nuclear fission, from sailing ships to space ships, and from bows and arrows to hydrogen bombs that can level a city of millions in a single explosion.

The most clear understanding of the nature of the Age of Pisces is as the conflict between faith and science, between the divine and the rational. These are the two fish we see in the Pisces symbol, swimming in opposite directions and yet creating a circle between them. At the start, The Abrahamic religions held more-or-less complete power over Europe and the Middle East, and they

spread rapidly. Christianity in particular became a global movement by the 1700s. During this time, they fought among themselves for the most part, Christians against Muslims, and quite often different sects within the religions fought with each other. Although those conflicts continue, the emphasis has shifted to a war between religion and science, in which the power of faith and tradition is pitted against the power of technology and innovation. And so we enter the Aquarian Age!

Next month our investigation of the Piscean Age examines the legacy of Abraham and how Christianity and Islam have shaped the world.



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

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The Namaste Affirmation

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

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

Namaste!
Live it...Every day!"

the namaste conspiracy

Don Martin
Publisher

I'm writing these words just after the weekend of protest, violence and racial hatred that took place in Charlottesville, Virginia.

Three people died. Dozens were injured. But the truth is...all of America took a blow this weekend, as racial hatred, bigotry and violence once again bubbled to the surface of our social fabric.

The real tragedy is that this kind of thing is becoming common place in America.

Sometimes, I am disheartened by the insignificance of my own life and values in the face of such tremendous chaos and force. But then I remember...who I am!

And I remember who YOU are, and who WE are collectively.

We are I AM, the very Presence of Divinity on this planet. We have been Awakened to see and know and experience the unfolding of our Higher Consciousness, and the Universal Collective Mind. We KNOW the Truth, and the Truth has set us free.

What is that truth?

It is summed up in one word: NAMASTE.

Yes, people use "Namaste" as a greeting, in yoga studios and fashionable, trendy coffee bars around town.

But the word NAMASTE has powerful meaning...a meaning that, if taken seriously, could change the direction of our world and bring about global transformation and peace.

NAMASTE means "I recognize the Divine in you, and honor your Sacred Worth."

NAMASTE is a way of saying "I honor and respect you as a human being."

NAMASTE is a way of saying "Every human being is a being of sacred worth and deserves honor and respect."

If we practice Namaste as a lifestyle, and take it seriously and intentionally as a life value...we will begin to restore respect, civility and honor back into our social and civic dialogue. We will bring healing to society and peace to our community...and our world.

That is why we are forming
THE NAMASTE CONSPIRACY!

"i believe in the sacred worth of every person

young, old
rich, poor
male, female
black, white
liberal, conservative,
republican, democrat
gay, straight
atheist, christian
buddhist, hindu
shinto, muslim
wiccan, jew

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

**Namaste
that's what it means**

live it...every day"

Those words are the cornerstone of The Namaste Conspiracy. Namaste is believ-

ing in the sacred worth of every human - and acting in accord with that belief.

Our first goal is to gather the people. Visit our website,
www.thenamasteconspiracy.com.

Sign up, and we will send you a special gift...100 cards that you can hand out to people who you think need to hear these words:

"Today, I want to tell you that you are a person of infinite worth, and that I recognize and honor that reality. My intention for you is to have a happy and successful life, filled with love and friendship, experiencing prosperity in all that you do. Remember...you are a person of sacred worth, and deserve respect and honor. Namaste! (that's what it means...live it, every day!)"

Just give the cards to people you encounter, as your own inner wisdom guides you.

In the months to come, we will call you to get involved in other activities, actions and events that serve to promote the concept of Namaste...and to allow others to experience the honor of being a person of sacred worth.

We are calling on everyone to commit to quietly demonstrating honor and respect to EVERY PERSON YOU MEET...even the ones who you think don't deserve it.

It may seem like a stretch...or a silly ideal. But just for one month...sign up, and hand out the cards. Watch what happens. See if those seeds of respect and honor will grow into plants of beauty.

You are a person of sacred worth.



**THE
NAMASTE
CONSPIRACY**



**A plot to bring civility, decency,
respect and honor back to our
public dialogue and relationships.**

You want in? Go to www.thenamasteconspiracy.com
to learn more and to join the conspiracy.



Are **EMPATHS** Indigo Children... **GROWN UP?**

by Kate Rose

Indigo children were the first in a series of light workers that were sent to Earth to help raise the level of consciousness of others.

Thousands of years ago we were taught to think instead of feel—indigo children were sent to Earth to help all of us remember what it means to live from our hearts.

Right now one of the current buzz words is empath—it seems right along with authenticity, it's the new phrase that is on everyone's lips, but the truth of it is that the qualities of an empath are closely related to those of what an indigo child would possess as an adult.

The theory of indigo children originated in the 1970s by Nancy Ann Tappe. Tappe studied the human auric field, otherwise known as their electromagnetic field—this field surrounds every living thing.

Through colors in the aura, she developed an accurate way to psychologically profile a person using her new auric color method. The signs of an indigo child actually began even as early as in the 1950s with a few people. What she noticed was that 80% of the children born after 1980 had a new deep blue colored auric field—she called this new color “indigo.”

Indigo children began being born in the 1980s, and were thought to have been sent to Earth as light workers to help society evolve into a more emotional conscious way of living. Indigo children were said to have special qualities such as being highly empathetic, curious, strong willed, highly intelligent, sensitive and intuitive.

Indigo children were often thought to be strange—possessing a strong sense of purpose and life direction. They also are likely to have shown a deep sense of spirituality (apart from religion) from early childhood. Indigos often tend to resist highly structured environments and will often challenge authority.

Indigo children are like the original rebels.

I grew up being told I was an indigo child. My mother always told me that my sense of intuition and empathy even at three-years-old was highly unusual—I would often leave her speechless with the things I said.

I struggled a lot as a child feeling misunderstood—not being able to fit into the normal life that a child is supposed to lead.

As I've grown up I became more accurately aware that my life vision and how I process emotions is not the same as others. It is not uncommon for me to feel the emotions of others without having any physical or verbal contact with them.

I pick up on vibes and energies from people almost like an antenna for a TV. might—and when asked how I know something for certain, I can't explain it other than that just feeling it.

These feelings of sensitivity and intuition are common among those who consider themselves empaths—yet these traits don't just suddenly manifest themselves in adulthood. More likely they were missed all together, either because parents lacked the awareness to recognize their child was different or because the child never let on as to how they were feeling.

Indigo children are special beings that are necessary in today's world. They were born to challenge the status quo and to remind us why we are all here in the first place. They don't necessarily think their way through life, but they feel it—deep within their hearts.

An empath is often a term used for adults who are sensitive—to the visible and invisible—picking up on body language, tone of voice, body movements, the spoken words of others, the words they avoid, the logic they use and the hidden things that only an empath can sense inside another person.

This ability to “just sense” something is what many indigos feel as children, and if they acknowledge their differences they will, most likely, experience many of the qualities of an empath as an adult.

The indigo child who has grown up

will likely have deviated from societal norms—they may still be highly sensitive, empathetic, intuitive and even psychically inclined. They will probably gravitate towards writing, teaching, making art or some other venue where they can share their creative view points with others.

The indigo child who has grown into an empath who is self-aware, is one of the greatest gifts to our society.

These are adults who have a strong sense of responsibility for achieving the higher good and making a difference in the world. They also are likely understanding and caring towards other people, animals specifically. Most indigos turned empaths will have one or two particular areas where they feel impassioned—using them to make a difference.

Indigo children are also crucial for the evolution of our society because it is these adults that are giving birth to the Crystal and Rainbow Children.

Indigo's were the first light workers to come to Earth. They were sent here to see if it was safe for sensitive souls to come to Earth to make a change and they are also the trailblazers who will pave the way for the future generations.

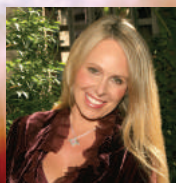
“Your work is not to drag the world kicking and screaming into a new awareness. Your job is to simply do your work- Sacredly, Secretly, and Silently...and those with 'eyes to see and ears to hear', will respond.” ~ The Arcturians



Indigo Child...

What Is Your Life Purpose And Personal Mission?

Doreen Virtue, Ph.D



Doreen Virtue, Ph.D. is a spiritual doctor of psychology who gives workshops across the country on intuition, spiritual healing, and manifestation.

Every individual has a Life Purpose. This is the mission that you agreed to prior to your incarnation. There are two parts to your Purpose: a personal one and a global one. Your personal Purpose involves a particular characteristic that you're trying to develop in this life, such as patience or compassion. Your global Purpose involves discovering, developing, and using your natural talents and interests to help other people and the planet.

Some people have a Purpose that just affects a few, while others are spiritually contracted to help thousands of people. Just like in an orchestra, every player is equally important. The piccolo player and the first violinist are both crucial to the music's orchestration.

Your Life Purpose: Making the World A Better Place

Indigo Child: What is Your Life Purpose and Personal Mission? In the same way, God and the world are counting on you to remember and work on your Life Purpose. Deep down, you probably know that you're here to make the world a better place. If you feel that you're not doing so, your inner self begins to nudge you. This nudging can take the form of anxiety or a sense of time urgency.

If you ignore the inner nudging, you may begin to feel empty or depressed. If you believe that others are blocking your urgings, you may blame them and feel angry or ripped off. If you feel unqualified to help the world, you may collapse into low self-esteem.

Global Life Purpose: Helping Usher in Peace

Each person has a global Life Purpose and a personal mission. The global mission is the overarching, or umbrella-like Purpose that you're engaged in. Your personal mission is the specific form that your Life Purpose is to take.

Indigo Children all share a similar global Life Purpose: to help usher in the New Age of Peace.

The Indigo Child is a boy or girl who displays a new and unusual set of psychological attributes, revealing a pattern of behavior generally undocumented before. This pattern has singularly unique factors that call for parents and teachers to change their treatment and upbringing of these kids to assist them in achieving balance and harmony in their lives, and to help them avoid frustration.

-- Lee Carroll & Jan Tober
The Indigo Children

Here's how Hunter Zinkle, a 21-year-old Indigo Child, puts it,

"I know that my purpose is to help the human existence run a little smoother. I try to do my best with everyone I come in contact with, to help their lives seem a little easier and less convoluted. With a lot of my friendships, I feel like I'm opening the flower of life for them. With other friends, it seems like I'm their guide to life."

Hunter is a happy and well-adjusted Indigo Child because he knows his Purpose and is actively working on it. He knows that you don't have to wait until you get paid money for your Purpose before you begin working on it.

Helping Your Children Understand Their Altruistic Mission

Helping your children understand what their mission is helps them fill up the emptiness that comes from feeling like they don't matter. Most Indigos have received plenty of messages that they're "weird," "don't fit in," "are disordered," "are bad," "lazy," "not really trying," or "crazy."

Their self-esteem has taken a real beating by the time they reach adolescence. Yet, despite this form of abuse perpetrated by teachers, parents, and/or other school kids, Indigos still feel compelled to help others. What they need, usually, is some guidance on how to channel their altruism.



Are You An *indigo* Child?



If you are an Indigo Child, you will identify with 90% of the following traits.

- * Are intelligent, though may not have had top grades.
- * Are very creative and enjoy making things.
- * Always need to know WHY, especially why they are being asked to do something.
- * Had disgust and perhaps loathing for much of the required and repetitious work in school.
- * Were rebellious in school in that they refused to do homework and rejected authority of teachers, OR seriously wanted to rebel, but didn't DARE, usually due to parental pressure.
- * May have experienced early existential depression and feelings of helplessness. These may have ranged from sadness to utter despair. Suicidal feelings while still in high school or younger are not uncommon in the Indigo Adult.
- * Have difficulty in service-oriented jobs. Indigos resist authority and caste system of employment.
- * Prefer leadership positions or working alone to team positions.
- * Have deep empathy for others, yet an intolerance of stupidity.
- * May be extremely emotionally sensitive including crying at the drop of a hat (no shielding) Or may be the opposite and show no expression of emotion (full shielding).
- * May have trouble with RAGE.
- * Have trouble with systems they consider broken or ineffective, ie. political, educational, medical, and legal.
- * Alienation from or anger with politics – feeling your voice won't count and/or

that the outcome really doesn't matter.

- * Frustration with or rejection of the traditional American dream – 9-5 career, marriage, 2.5 children, house with white picket fence, etc.
- * Anger at rights being taken away, fear and/or fury at “Big Brother watching you.”
- * Have a burning desire to do something to change and improve the world. May be stymied what to do. May have trouble identifying their path.
- * Have psychic or spiritual interest appear fairly young – in or before teen years.
- * Had few if any Indigo role models. Having had some doesn't mean you're not an indigo, though.
- * Have strong intuition. * Random behavior pattern or mind style – (symptoms of Attention Deficit Disorder). May have trouble focusing on assigned tasks, may jump around in conversations.
- * Have had psychic experiences, such as premonitions, seeing angels or ghosts, out of body experiences, hearing voices.
- * May be electrically sensitive such as watches not working and street lights going out as you move under them, electrical equipment malfunctioning and lights blowing out.
- * May have awareness of other dimensions and parallel realities.
- * Sexually are very expressive and inventive OR may reject sexuality in boredom or with intention of achieving higher spiritual connection. May explore alternative types of sexuality.
- * Seek meaning to their life and understanding about the world May seek this through religion or spirituality, spiritual

groups and books, self-help groups and books.

- * When they find balance they may become very strong, healthy, happy individuals.

Please note, anyone could have a few of these traits, but Indigo Adults have most or all of these 25 characteristics.

First Wave Indigo Profiles

These are some of the qualities and challenges that First Wave Indigos experience.

Most Indigos can relate to at least 90% of this list .

~ Were born en masse (about 62%) between 1969 and 1987 (With stragglers before and after – 30% were born in the 50's).

~ Highly intelligent in their “Own Way.”

~ Are literally “wired differently” than other people.

~ Know in their heart and core that they are here “on a mission” but many don't remember what that is or how to go about it.

~ Have an inner awareness that what is being taught in churches and schools is NOT accurate and know there are hidden agendas around the lies that are being accepted by the masses as “Truth.” This is extremely frustrating but inspires them to uncover the cover-ups and expose The Real Truth!~ Have a strong sense of truth, ethics, justice and freedom. (That is why “authority figures” many times irritate and frustrate them). When these are in jeopardy, will give their “all” for their cause, and many times feel they would rather die than give-in to tyranny and deception.

Keep Reading Next Page >

~ Many have strong or unusual Psychic and Telekinetic abilities.

~ Have extraordinary levels of compassion.~ Have purple/UV as their favorite color or see it in their dreams.

~ Have an affinity to Knights, Castles, and Dragons.

~ Shut down psychic abilities because it scares people.

~ Feel like they could be one of the characters on the 1980's television series "The Misfits of Science" or one of the young people in Xavier's school for the gifted in the recent movies from the comic books "The X-Men."

~ Many times get along better with animals and nature than people.

~ Have a bond/connection to the trees, and nature in general.

~ Can relate well to children and or the elderly

~ Feel very comfortable lounging, and would rather sit on the floor on a pillow than in a hard, uncomfortable chair. (Would prefer sitting on the floor in school, and business meetings if they could get away with it!)

~ Are very attracted to soft natural fabrics in their cloths and fuzzy blankets are the ultimate!

~ Many times get very impatient when with someone who doesn't get to the point.

~ Creative, inventive, and very intuitive.

~ Involve themselves in human/animal rights efforts.

~ Have an innate sense of "oneness" and connectedness to all of creation. Get confused and disturbed when others don't share their reality of "at-one-ment."

~ High capacity for love, and therefore others may feel uncomfortable by their intensity.

~ Very sensitive, sometimes "Hyper Sensitive" and may not be able to distinguish between the emotional fields of those around them and their own personal emotions.

~ May go through periods of apathy and cynicism as coping mechanisms.

~ Intense longing for "their own kind". Soul Mates-but don't know where to look.

~ Have what I endearingly term H.D.D. or "Hug Deficit Disorder" and need

immense amounts of physical touching, hugs, and love to "cuddle."

~ Because of being misunderstood and then betrayed, may develop strong trust issues, and therefore keep many of their thoughts, feelings and opinions to themselves.

~ About 30% have difficulties expressing them selves, especially in writing.

~ Very disciplined when properly motivated.

~ Get bored and or frustrated in school.

~ Male Indigos (and many Females) for the most part don't "do authority" very well because most of the time they are smarter than those in authority.

~ Many find themselves in "Alternative Schools."

~ Female Indigos seem to be able to cope better with the school systems than their male counterparts.

~ Many are labeled "Dyslexic" and find themselves in "Special Classes" at school that usually never work for them.

~ Indigos have a strong desire to know "why" and if they don't see "the point" in something, (or if it is isn't explained properly), will feel it is simply not worth their time/energy and will either react with resistance or just simply "blow off" the people/things that seem not worth their time and energy.

~ Innately have their own ways of calculation and many have been accused of cheating in school because they do the answers in their head and cannot show their work.

~ Indigos have an evolved awareness of how things work, therefore, many of the rigid rules and methods of learning Math, English, and Physics (NOT metaphysics or quantum physics) make no sense to them.

~ All First wave Indigos have what might be termed as "A Gift of Healing"whether it is making people feel better with their humor and wit, hands on healing, animal and plant healing, healing with music and tone, or healing with new "unproven" methods.. some of which are natural and need no external training for.

~ Many Indigos have "Telepathic Healing" abilities and long distances make no difference to the efficiency of their work.

~ Because of their expanded perception, unusual creativity, wanting to try new things, and running way ahead of what is being taught in class, many were diag-

nosed as having Attention Deficit Disorder, and put on Ritalin as children.s

~ Most Indigo's (especially males) have a high innate aptitude for computers/electronics and or auto mechanics. It is common for them to "Just Know" how to operate and trouble shoot with very little help from a book or an instructor.

~ First Wave Indigo's are extremely creative, and express this innate skill in many (and often times OUTRAGEOUS forms.) These skills manifest in: Drawing, Painting, Sculpting, Decorating, Photography, Writing (in sometimes very extreme and unique ways), Making Blueprints and Prototypes, Composing and Playing Music..(even if they have never had lessons), inventing games, and creating new & more efficient ways of doing things.

~ Very few Indigos are interested in aggressive sports such as Football and Hockey. They would rather spend their physical exercise time and energy in personal achievement and outdoor sports such as track & field, skateboarding, mountain climbing, cycling, kayaking, etc. They are also attracted to discipline and self-defense sports such as Fencing and Martial Arts

~ Because of their feeling so foreign to this planet, a very high percentage of Indigos have been put on "Antidepressants" to make them appear "Normal" and fit in our society..this is just a temporary fix though, and only adds to their challenges.

~ Many Indigos are drawn to Theatrics, Drama, and Stand-up Comedy. In these venues they can "pretend to be someone else" when actually they are using this as an outlet to vent and express their own views and pent up emotions. It is also a place for "misfits" to find a place of refuge and "fit in".

~ Because of their feeling so "alien" here, many go through periods of severe grief, loneliness, and displacement..and may turn to drugs, alcohol, or attempt suicide for a way out.

~One trademark that a high % of First Wave Indigos have, is living through extreme hardships as children, teenagers, and young adults. Many were born into family situations that were physically, emotionally, spiritually and psychically abusive. These Indigos had to figure out how to balance and keep their inherent integrity levels, while being subjected to painful and life shattering experiences. A large % were implanted in such horrendous situations as: organized crime, physical abuse, sexual abuse, and even ritual/cult abuse & mind control.



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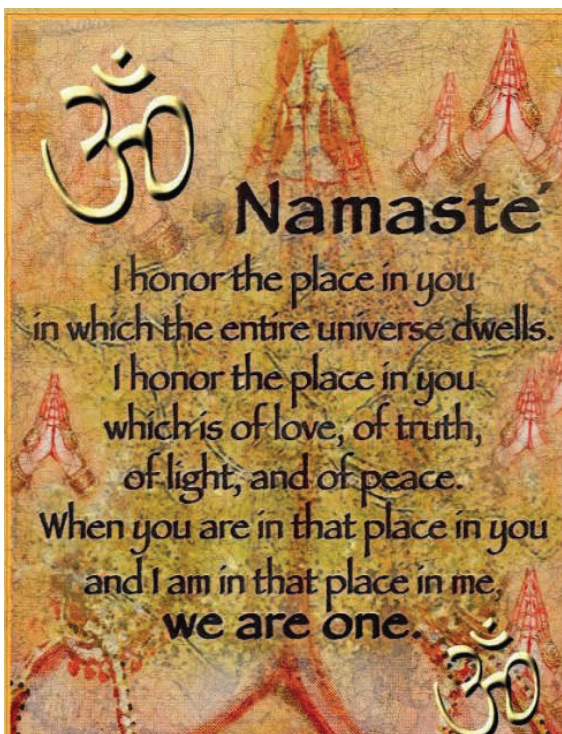
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YOGA: Under the Bodhi Tree By Awilda Rivera



"I plant the seeds, care for them, and reap a rich harvest – with the Universe's help – I thankfully accept."

Yoga is our gardening shovel, with it we prepare ourselves the way we prepare soil to sow the seeds of our transformation. The quote above highlights the spirit of our yoga practice. Remember Yoga is not only the physical practice but also the process of becoming aware of ones mental and emotional state at any given moment. Yoga is also the practice of negotiating how we interact with others and our environment.

However, some of you may be wondering: "what kinds of transformation could possibly come from practicing yoga?" The answer is INFINITE TRANSFORMATION. Here are few impressive stories of Transformation – (All names have been changed to protect the identity of the individuals)



1. Susan started practicing yoga as a way to help diversify her exercise. She is a consummate athlete and never thought that Yoga was for her. However after working in a high stress environment for years she realized she had to do something to keep her sanity. She took a risk and started practicing yoga. The first transformation she experience was losing 50lbs. The weight loss was the tip of the iceberg. After a few months of practicing yoga at least once a week she started to feel an increased sense of calm. She felt less overwhelmed and better able to manage her stress levels.

2. Tom wanted to run a marathon. He is an avid runner; however, he has really cranky hips. He was determined to run the Atlanta Publix marathon. He heard about my Yoga for Runners class at Indigo Yoga, and started coming to class. He would show up every week with an open mind ready to do the hard work of healing his hips. He came consistently for months leading up to the

Publix Marathon. Not only did he run the marathon, but he completed it in a personal best time and made the newspaper!!

3. I struggled with anxiety for YEARS. To be honest, I thought anxiety was just another form of stress and "you should just tough it out.". My cultural background frowned on therapy and even though I was comfortable seeking help from friends I realized that I needed more support than they could give me. When I moved to Atlanta from NYC, I felt lost in the shuffle. I only knew 2 people and as an entrepreneur had no "office crew" to get to know. I felt myself getting depressed. I tried going to the gym to get myself moving but it wasn't resonating. One day a little voice in my head said "Yoga", initially I ignored it because as an athlete I had turned my nose up at Yoga. However, I was

so desperate for a respite from my mind that in November of 2012, I decided to give Yoga a try. Once I started my yoga journey, I knew that I would be on this path for the rest of my life. Almost immediately I started to feel relief. Within 6 months I knew that I had found a tool that could help me to not only manage my anxiety but stop it all together. The even better part is that Yoga has also helped me to transform my thinking and deepen my understanding of the world around me. The benefits I received from practicing yoga have been so great that I had no other choice but to become a yoga teacher so that I could share it with others.

Yoga is not just exercise, but rather it's a tool for transformation. All you have to do is show up ready and willing to embrace the changes that will inevitably occur. Are you ready to begin your transformation? Get out there and check out a studio whose mission resonates with you!

STILL By Phoenix Lea POINT

MEDITATION

It is from within a poetic prose that I greet you. Bringing appreciation and love along with a question... "has Wonderlust come to play its part in your reality yet?" This is not a trivial question but a chance for reflection that just may raise your vibration.

With the Lionsgate opening last month on 8/8, there is now a sense of being lighter in spirit. In spite of the shadows and the egos completely out of control still manifesting around us, our universe along with us has made a great shift. It is like our energy fields have been sprinkled with some magic amplitude. Which to me feels like clarity and excitement to my solar plexus! So those of us who have a daily practice of removing judgment within our experiences, can actually rest. As well as act as a guide to those who need some grounding love and elevation in their experiences.

This is imperative to reaching a conscious state of joy. Joy is a high frequency to experience as well as maintain. Joy is above 500 on the map of consciousness (found in David Hawkins book Power vs. Force). It would be like the ability to maintain the vibrations of a sunset with all the colors, brilliance and intensity 24/7. It would probably fry your brain just a little because honestly your crown chakra and third eye would be just blasting wide open. We must regulate the experience with the ability to be neutral sometimes and throttle back as to maintain a more comfortable channel. This could be explained easily with the way a director develops the character within the story of a film. He sets the tone with moods that create a bandwidth of emotional experience for the viewers to connect with. How are you connecting to your story?

Bandwidth. The contrasting spectrum of the "who" that you know yourself to be. Your being and becoming usually range somewhere within this context and content. Meaning, your expression of life within as without as experience comes your way. Our experiences are influenced of course by our personal connection to our story. This is why a spiritual practice of neutral is important, because nothing ultimately is personal. In a cosmic sense of grand illusion this can be felt as true. However when tragedy, loss and illness are effecting our daily lives we can take this quite personally and reject the contrasting flow of beauty all around us. We must get our minds right in order to be this love we are seeking as a race of people and as a planet.

Our healing is now in process. I stand with countless others who have sacrificed a measurable amount of sanity to go within themselves to journey and find a cure for the complexities of mental illness, addiction and the underlying current of abandonment that is being programmed into us at an alarming rate. *This process is usually manifested as misdiagnosed mental illness due to the regression work involved. Often resulting in breakups-divorce-inability to hold a job or appear responsible for oneself-as well as high manic and very low depression*

Suicide is a daily watch among many households in our communities. I have been affected by this phenomenon having lost an uncle and brother to suicide. To me this is a cry for help

towards the heavens for the gift of higher consciousness. We are to remember ourselves quickly as the divine. We are to be lightworkers and light bearers for the return of this remembering. This shift in cosmic energy is proving to be quite epic shaking us up and grounding us to the universal heart. Unconditional love and compassion is our boat our rudder and our shore.

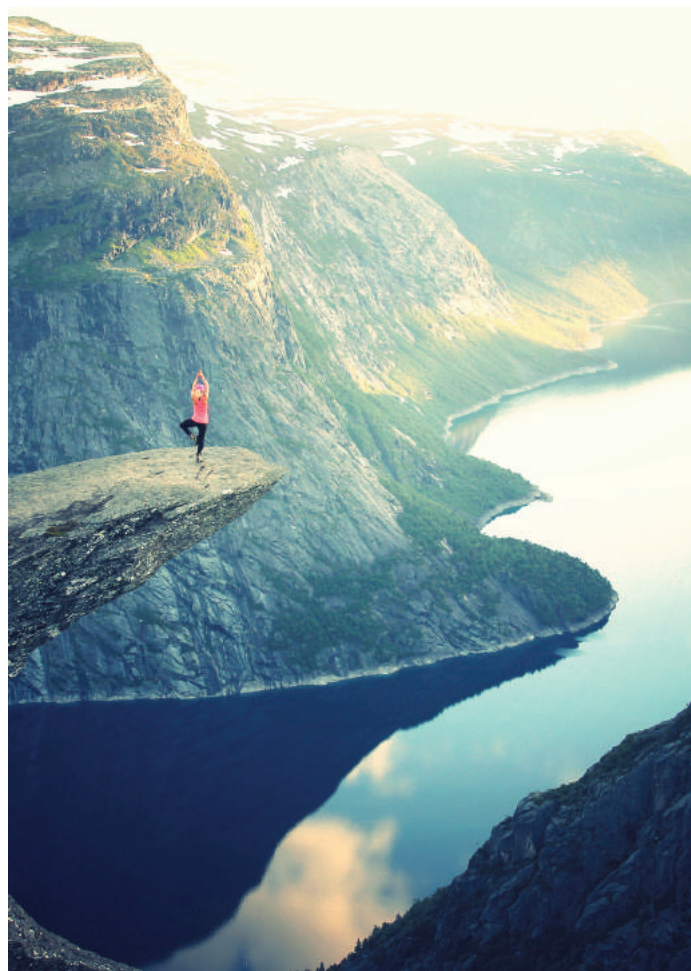
Now you can see why JOY is important to OUR story especially at this juxtaposition of 2017. We are REMEMBERING ourselves beyond this veil of suffering and sacrifice. We are connecting to one another in greater capacities as we remove judgments and fears daily. Joy will transmute the lower fears in an instant!!

Our Still Point is to take an active interest in your own mental and emotional spaces. Don't wait for a trigger to find out what is in your tool belt...become a spiritual student and take responsibility for reacting or responding to the world around you. Do no harm. Be still. Embrace yourself in your own story and choose how to show up with others as an authentic open hearted and open minded as you can. Compassion is key.

"Wonderlust does come to play its part..."

All you have to do is remain open to receive a new view of what is honestly buzzing around us all the time just waiting for our awareness to awaken us. Namaste my friends and lovers. Be good to yourself and remember love is who and what we are. The personal and impersonal experience of life is still a reflection of the love that you and I came here to BE.

Be Well!!



horoscope

Virgo August 23 - September 22

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

♍ Virgo (August 23 - September 22)
Happy Birthday Virgo! Your personal energy is strong this month and you'll be extra dynamic in the areas of your communication and identity. You have recently processed a great deal of emotionally difficult situations and this is a good time to release and let go of any residual negativity. Treat yourself to a spa day, a little vacation to somewhere that will refresh and energize you, or turn your home into an oasis for rest and rejuvenation!

♎ Libra (September 23 - October 22)
This month is your time for spiritual reflection and release. You'll be more sensitive than usual now and should avoid harsh people or situations to protect yourself. Writing down your dreams and feelings can be a healthy productive way to let go of old pain or hurt. Talking with a close friend or trusted counselor can also bring comfort and positive direction as you prepare for a brand new Solar cycle beginning next month.

♏ Scorpio (October 23 - November 22)
The healing energy of Virgo is in harmony with your sign this month and now is a positive time to review your routines and thought habits. This is a great time to gain a stronger understanding of your own psychology and how it affects everyone around you. Avoid manipulation or the desire to control outcomes. You also have influence with large groups of people and can use your power to strengthen charitable causes or bring comfort to those in need.

♐ Sagittarius (November 23 - December 21)
Get ready - this month will have you stepping into the spotlight! Your professional attitude and image could land you greater responsibilities at work or home. You might not feel like handling more tasks, but if you can be patient and pay extra attention to the finer details it will go a long way. If you need a quick get-away, it's a positive time to take a friend or romantic partner away for a fun, relaxing weekend.

♑ Capricorn (December 22 - January 19)
The energy of Virgo gives you an extra measure of stability this month. Staying grounded is important, as you will be feeling restless and ready for a new adventure. Travel or a new course of study can help satisfy those feelings, but be prepared that you may feel pulled in different directions. Love is mysterious and passionate with opportunities to deeply connect to your partner. Work to simplify your tasks and take work or creative projects one step at a time.

♒ Aquarius (January 20 - February 18)
Your deeper emotional side comes to the surface this month. You'll be seeking profound meaning in your communications and personal direction. Helping and serving the greater good is especially important to you. Areas of healthcare, nutrition and psychological healing are places you can direct your efforts. In love and friendship, you will be more tuned into the emotions of your partners - show them your warmth and generosity.

♓ Pisces (February 19 - March 20)
It's all about harmony and balance this month. You will need to coordinate both your sensitive intuition and your common-sense practicality for the best results. Be aware of who you allow to be in your space and take breaks from anyone who feels like a drain on your physical vitality or health. It's time to show yourself the same love and appreciation you freely give to others. Make time to relax, enjoy a concert or theater play and re-energize yourself.

♈ Aries (March 21 - April 19)
September is a prime time to take care of your health and overall well being. Your mind will be electric and full of new ideas, which could translate in a powerful way to your career or public image. You will be feeling extra romantic and creative. Your passion could fuel a new love relationship, refreshing an established union or starting a colorful creative project. You'll be able to focus on details more easily at this time, which will improve the quality of your work.

♉ Taurus (April 20 - May 20)
Your creative life and personal expression are strong and inspired this month. If you've been bottling up your emotions or stifling an artistic pursuit, it will benefit your personal health to open up and manifest your dreams. Showing extra love and generosity with family or close friends will help you to feel more peaceful in your home environment. Organize your space and add a little extra color to motivate and encourage your physical vitality.

♊ Gemini (May 21 - June 21)
Mercury retrograde ends on Tuesday the 5th, which gets you moving forward again after a challenging phase. Your home environment will require some extra care and fresh organization this month. The analytical energy of Virgo can be difficult for you, but can be managed with patience. Family or close friends may seem overly critical or judgmental of your decisions or ideas. Rise above it by using generosity and love to overcome these temporary difficulties.

♋ Cancer (June 22 - July 22)
Your mental energy is organized with good attention to detail now. You are able to communicate in realistic and practical ways, making this a good time to review contracts, write your thoughts in a journal or have a healing conversation with a friend. You might splurge on a new item or experience that contributes to your self-confidence or creative expression. As long as you don't over-indulge, this is a good idea and you should choose something colorful that brings you joy.

♌ Leo (July 23 - August 22)
The practical nature of Virgo will have you organizing finances and reviewing resources. Be careful with extra purchases and save when you can. This is simply a month of balance and accounting. Doing this work now will pay off in the future and give you more opportunities to have some fun. Your personal charm and appeal are high now and others will respond positively towards you, which can help overcome the more challenging aspects of this month.

Welcome fellow Stargazers!

We welcome the month of September with the Sun traveling in practical, organized Virgo. The Leo lions have had their party and now it's time to get back to school, work and all those projects we need to accomplish. Virgo is a powerful sign of healing and purification. Ruled by Mercury and presiding over the realms of medicine, physical healing, agriculture, good nutrition, cleanliness of body and spirit, service for humanity and organized labor. This modest and charitable sign is the Zodiac's biggest critic and is highly attuned to checking all the details. Prone to nervousness and compulsive behaviors, they are at their best when helping someone in need. They strive for perfection and should give themselves and others some understanding when things get messy in our imperfect world. The Sun in Virgo is a great time to focus on eating healthful foods, cleaning our living space, purifying our intentions and applying Feng Shui principles.

The elements of Virgo are doubled by the current Chinese Year of the Fire Rooster. The Chinese Rooster is equivalent to Virgo in the Western Zodiac and the two signs share many similar qualities. The Fire element brings extra energy and vibrancy to the cycle and encourages us to make healthy changes and clear parts of our life that need refreshing. We will continue in the Rooster Year until February 16th, 2018.

Mercury has been retrograde in the signs of Virgo and Leo since last month, but will go back into direct motion on Tuesday 5th at 7:29am EST. Communications, electronics and decision making will begin to move forward and get us back to an easier energetic flow. Mars will move into Virgo on the same day, lending it's fire and courage to our efforts of organization and fresh, healthful routines.

Our Full Moon this month is in magical, dreamy Pisces on Wednesday the 6th at 3:03am EST. This is the most mystical and spiritual Full Moon we can experience. It's a great time to indulge your dreams, write your dearest wishes in a journal with prayers and meditations for the best outcomes possible. The New Moon cycle begins on Wednesday 20th at 1:30am in harmonious Libra. We continue with themes of balance and partnership on Friday 22nd when the Sun shifts into Libra for the first day of Autumn.



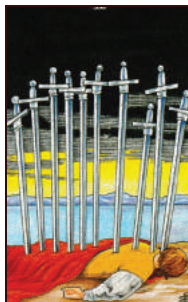
Kathleen Robinson

Legacy Of The Divine Tarot

September 2017



6 OF COINS (PENTACLES): This month we are asked to think about the having/not having of knowledge. More and more information is coming forth about the truth of what is really going on in the world; expect this to continue into September. Look carefully at the media sources you are consulting to get your knowledge of what is happening. Use discernment, trusting your own intuition to determine if what you are reading is disinformation or the truth. Trust only yourself. Ask questions and do your own research, taking nothing at face value.



10 OF SWORDS: Have you been feeling like a victim, feeling powerless and that life is a never-ending series of events that are taking you nowhere? If you have been thinking that things can't get any worse, and you stay in this mindset of powerlessness, then now is the time to move out of it. The message from this card is that yes, things have been bad in some respects, but there is an end in sight. Everything goes in cycles, and we soon will be seeing an upswing in how things are progressing. Convert any pessimism into optimism, and watch as the dawn slowly starts breaking.



6 OF WANDS: This card is the antithesis of 10 of Swords. It tells us that we have achieved victory and success; all of our hard work has paid off. This means that we can look forward to the travail that still has its remnants in the 10 of Swords to give way to feeling good about what we have accomplished. Yes, it was a hard road, but now it is time to enjoy your "day in the sun". You have a right to be proud of yourself, maintaining a healthy self-esteem yet keeping pride in check. Give yourself a pat on the back for triumphing over difficulties, remembering that arrogance about your success will do little to help you shine. Stay humble and sincere, which will help you to enjoy your victories even more.



THE STAR: The Star confirms for us, as does the 10 of Swords and 6 of Wands, that there is indeed a light at the end of the tunnel. It is a card of hope, optimism, and inspiration. You are getting closer to your goals and things are looking up, so continue to follow your path and take positive steps towards getting to the place where you want to be.

Although things in the world are extremely crazy and chaotic right now, we must all have faith in the future, knowing that "this too shall pass". Experience peace of mind by taking time to find serenity and calmness by doing something you enjoy—taking a walk in the woods, being with those who are uplifting and positive, engaging in a hobby you are passionate about. Anything you do to raise your vibration will in turn help to raise the vibration of the entire planet.

TRENDS FOR THE MONTH: September appears to be shaping up as an interesting and uplifting month. Your job this month is to seek out information that will give you a true picture of what is really going on in the world, requiring you to use your intuition, discernment, and curiosity to ask the questions necessary to find the truth. Do not despair about the state of the world, because we are at the end of a time when much hardship and many challenges prevailed. We are not quite there yet, but are on the brink, so don't give up. We have reason to believe that good things are just around the corner, so focus on your individual accomplishments and stay upbeat and joyful. We are all connected, so do things that will keep your vibration high, and this will help others and the world.



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



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Crazy Cauliflower

Brenda Cobb

Cauliflower is a member of the cabbage family and also a cousin to broccoli. It has a reputation for being bland, but it doesn't have to be. When you are creatively inspired you can turn cauliflower into a delicious tasting dish. It took many centuries to cultivate cauliflower to produce a tight head of clustered flower buds in place of cabbage's compact leaves. Thousands of white tiny flower buds are closely packed to form even larger buds, which are called florets.

The Arabs introduced cauliflower to medieval Europe during the Spanish occupation and the Spaniards were eating three different varieties of this white vegetable by the twelfth century. During Queen Ann's day the term cauliflower was a comical phrase for a clerical wig and then later used to describe anyone who wore powder on the head.

Since cauliflower is a white vegetable many people do not realize that it has much of the same nutrient richness as its fellow green cruciferous vegetables including broccoli and kale. The phytonutrients in cauliflower are headed up by glucosinolates. These sulfur-containing compounds provide a variety of benefits that support cardiovascular, digestive and immune system health.

Cauliflower is an outstanding provider of two critical antioxidant nutrients, vitamin C and beta-carotene. These two nutrients play a critical role in the body's regulation of oxygen metabolism and they help lower the risk of oxidative stress, which is an underlying cause of cancer and other diseases. Oxidative stress happens when the amount of free radicals exceeds the amount of antioxidants causing damage to cells and DNA. There are four other key antioxidant nutrients in cauliflower, vitamin E, manganese, zinc and selenium. The concentration of these four antioxidants is not as great as the concentration of vitamin C and beta-carotene, but it is still substantial

and when combined with vitamin C and beta-carotene it provides the body with outstanding antioxidant support.

Fatigue, memory loss, brain fog, muscle or joint pain, wrinkles, grey hair, decreased eye sight, headaches, sensitivity to noise and susceptibility to infections are all indications of oxidative stress. There are numerous health conditions that are associated with oxidative stress including chronic fatigue syndrome, fibromyalgia, diabetes, Alzheimer's, anxiety, insomnia and cancer.

Cauliflower, when eaten raw, helps purify the blood, aids bleeding gums, and helps asthma, high blood pressure, constipation and kidney and bladder ailments. The concentrated fiber content of cauliflower makes it a natural for digestive system support. Few foods can contribute as much daily fiber as cauliflower and other cruciferous vegetables.

Cauliflower is also very rich in vitamin K, which is important for bone development. It helps bone cells produce collagen required for the formation of new mineralized bone tissue. The primary role of vitamin K involves clot formation. Individuals who are deficient in vitamin K may bleed excessively after injury and can develop spontaneous bleeding and bruising. Those who are low in vitamin K have an increased risk of osteoporosis, atherosclerosis and cancer. Just one cup of cauliflower contains 16.6 mcg of vitamin K.

There are many options for preparing cauliflower including pan roasting, steaming, stir-frying, boiling and of course raw. When you prepare cauliflower raw you get all of the nutrition and the enzymes that promote good health. Cooking destroys much of the goodness in cauliflower so try this delicious raw cauliflower recipe. It is a wonderful substitute for mashed potatoes and demonstrates just how yummy a raw recipe dish can be.

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



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Creamy Mashed Cauliflower

4 cups cauliflower
1 ½ cup raw cashews
1 Tbs. fresh lemon juice
1 Tbs. fresh thyme
1 tsp. fresh garlic
½ cup onion
1 tsp. Himalayan salt
pinch cayenne pepper
water

Soak the cashews in 4 cups of filtered alkaline water for 4 hours and drain all of the water off. Chop the cauliflower into small enough pieces to put in the food processor. Process the garlic and onions together so they are very fine. Add the cashews and blend until creamy. Add the cauliflower, lemon juice, thyme, salt and pepper. Process until well blended and if needed add water to get the consistency of creamy mashed potatoes.

DATING SMART

What Are Your Conditions?

The Intuitive Therapist ... Janis Cohen



Recently, a client of mine “half-way” broke up with her boyfriend of two years. When I asked her to reflect on the relationship, as well as the kind of man she ultimately wanted, she clearly stated that her “kinda” ex-boyfriend was not her ideal partner. Fast forward 10 days later and her boyfriend calls her up and apologizes for all of the “things he said”, and my client was one leg and ¾’s of the other leg back in the relationship. “Everyone deserves a second chance”, she said.

It was her life and it’s not my job to convince clients to see my way of thinking. My job is to show them a different way of thinking that aligns with their ultimate goals. “What are the conditions under which you are going to let him back into your life, given what you have already told me about him and what you ultimately want from a relationship?” I asked.

Perplexed, she looked at me and said, “I don’t know what you mean?” I told her that this decision was a pivotal one and, because she came to me to become more confident and certain about her decisions, this was a golden opportunity for her to begin her skill building.

What was motivating her to take this man back so quickly? What had he done that showed her that he truly understood his errors and what plan did he have to repair them, to fight for her, to honor her and love her as she needed? What could she take responsibility for when it came to the dysfunctional dynamics in the relationship and what was her plan to resolve those things within herself? What was her plan to make sure that she was re-entering the relationship with clear goals for herself?

Considering these questions will give her the opportunity to really think about the impact of this decision on her life now and in the future. If this man was, in fact, not her ideal mate, what was she forfeiting,

now, if she took him back and why was she risking missing out on a more ideal mate in the future, to stay in this one? Her homework was to take some time to answer the questions I posed and share her thoughts in the next session.

People date and re-enter relationships for a variety of reasons; loneliness, immediate pain relief from the break-up, fear of being alone, hope that their partner or the conditions of the relationship have radically changed, financial security, fear that they won’t find anyone else, and a plethora of other reasons. We’ve all been motivated by one or several of these reasons at one point or another that have kept us in relationships that aren’t in our highest interest.

Until you become clear about who you are and what you want in your life, you will fail to develop high standards for yourself and your relationships; and every single relationship you have will reflect your lack of self-love.

Anyone who struggles to find happiness in their romantic relationships is struggling with self-love and deservedness issues. If a person is clear about what they will and won’t accept in their lives, they will not experience inner conflicts in relationships, nor will they choose dating partners that are less than what they know they need and deserve.

How, then, do you date smart, cultivate self-love, high standards and develop the belief that you deserve the deepest, most amazing, heart stopping, life-changing, most delicious love you could possibly find?

Here are a few tips:

1. Get clear about your ideal mate
No one and no relationship is perfect, but you can have a clear intention about your perfect partner and put it out into the Universe for manifestation. Write your “love list” that begins with “I only want

a man/woman who is...” and then state ONLY positive attributes in all the five spheres of life: emotional, psychological, physical, financial and religious/spiritual then hand it over to the Universe for the behind the scenes work and live everyday expecting to have what you asked for.

2. Identify and eliminate your fears and limiting beliefs about yourself and relationships.

Rumi, a 13th century Persian Poet wrote, ‘Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.’ It is often our limiting beliefs and worst fears that keep us playing small in our lives and relationships. If you don’t feel confident that you can handle your greatest fears in your relationship or you believe that you don’t deserve the best in life, seek counsel to help you become more confident and capable.

3. Stop looking for someone to ‘complete you’ and become everything you seek. When we seek in someone what we must cultivate within ourselves, we will never find what we are looking for. Be that which you seek and you will attract what you desire- without effort.

4. Ultimately commit to the one who will love you back in the way you need to be loved.

Real love is about putting your partner first, anticipating and meeting your partner’s needs, giving and receiving love, complete trust, full partnership, totally safety to be completely vulnerable, and knowing that both you and your partner will wake up every single day of your life together making sure that you will do whatever it takes to love, honor and support each other.

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

Letting go of the pain and resentment after someone hurts us can be easier said than done. Most of us know how difficult is to forgive those that willingly betray our confidence; doing so can prove to be extremely challenging. But forgiving others, no matter how challenging, can be one of the most rewarding experiences you will ever have as a human being. Indeed, forgiveness is the first step to full recovery and healing. It is a blessing we bestow upon ourselves once we decide to cast off the anger and hate that only rot our positive vibrations in life.

Let us start the wonderful journey of healing today. But, first, let us go over a few points:

First of all, for the art of forgiveness to work its magic must be genuine.

Forgiving is not a competition to martyrdom. Nobody will be at the end of the line waiting to crown you for your unselfish act of valor. There is no need to rush to forgive those that wrong you. Just as forgiveness, healing takes time. And, there can be no true healing without forgiveness. Regardless of how long it takes you to forgive, it is imperative you take on this task at some point.

Maybe after the raging waves have calmed down and all there is left is an ocean of tamed ripples, then you will start to see things a bit more clearly and from a different perspective.

Or, perhaps the thought of forgiving will not even cross your mind as you bitterly stew in anger and the desire for revenge blurs your good judgment. And, that will be just fine because wounds take time to heal. As long as you do not indulge these negative feelings of vendetta a bit too much (doing so can do more harm than good).

There is some truth to the phrase "revenge is a dish better served cold." It comes with a side of temporary joy

and empowerment. But, that is as far as that can go. We might inflict pain as a form of personal vendetta; but this takes way too much effort, drains your positive energies and further destroys any attempt at reconciliation. If we want to live happier lives and rediscover the wonderful things life has in store for us, we must first rip off those sprawling, harmful tentacles growing deep within our soul called vengeance. There are numerous reasons as to why, for some, harboring thoughts of vindicating the harm might be more appealing than the act of forgiveness. We might feel that if we forgive the other person, we are simply letting them off the hook while undermining our own pain and suffering. Or, we might have a strong resistance against appearing vulnerable to our aggressor. Others might even feel that if they forgive then justice is not served. Power is lost and the evil-doer wins, sort of speech.

Ironically, the only time we truly lose power is when we refuse to let go of the grudges and leave the past behind us. If we refuse to forgive because we do not want to excuse the other person's behavior, then we are in for a treat. Extending forgiveness is not condoning or accepting the harm done, it is coming to terms with the situation, looking at the bigger picture and learning from our experiences. (Graham, 2014).

It might be that after you have decided forgiving is the right thing for your emotional and physical well-being, you might still have some doubts about it. Recovering from a painful situation takes time. There are really no shortcuts when the pain of betrayal is so strong and debilitating as we sit staring blankly at the chaos around us; asking without truly expecting an answer: "Why me? What did I do to deserve this?". At that moment we might give anything to even out the field making the other person experience the same level of pain they brought upon us, or, at the very least, get them to sincerely apologize for the

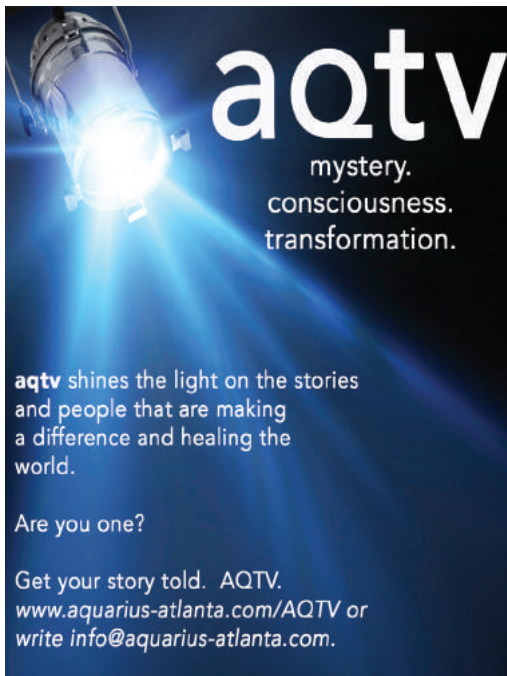
wrong they have caused.

Unfortunately, we do not always get that heart-felt "I am sorry for hurting you" line. Do we? And much sooner than later we have to realize that there is just so much we cannot do to affect a change in other people's behaviors. However, there is more we can do to change and improve how we feel and how we respond to different situations.

Someone once said "not forgiving is like drinking rat poison and then waiting for the rat to die." When you do not forgive, you only create this sinister bond between the other person and you. And, while the other person is moving on with his life, perhaps oblivious to your pain and suffering, something in you dies each and every time you ruminate about the evil they have caused.

Truth is, in life, there will always be people that will have the means and the motives to cause us pain in some way or the other. There will always be twice as many ready to make us live, love and laugh.





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Awakening The Goddess



By Crystal
Starshine

Once upon a shamanic dream I dove into a portal of erotic beats, I withered and squirmed upon the floor but consciousness was gone forevermore. Floating or flying in an energy spiral, bright colors flashing for what seemed like miles. Was I in the void so deep, or was this a level of consciousness I had never before seen.

The vibrations began to change and I heard the angels call, that's when I began to fall, fall, fall.

I slammed into my earthly body so hard that my mouth fell open and my breath was hard. I gasped for air and the water began to fall. The rain came down and the thunder beings made a glorious call, there I lay saturated with tears from the sky and those of the vast ocean within.

My heart lie broken upon the earth's floor, but this wasn't pain, nor wounds so deep, completely different so it seemed.

The cleansing rain moistened my skin and by new day dawn it loosened from within. I came back again to those erotic beats and felt it slip right down to my feet. I was shedding the old me, the unbalanced, the wounded and dependent. I danced upon the earth so hard it was gone, gone, gone, layer by layer this old dry skin that no longer resonated to the true me that was within. I fought so hard to rub it off and fervently danced as it all fell off. Off and back to its spot in the spiral it goes for when I return to it I don't even know. When I come and make my round to the old patterns of a life past I will be ready to rebirth again. Each time learning to dance with the shadows of my past, breathing through and taking flight in the shamanic dreams of healing.

By the fire I burn that skin, writing and tossing my thoughts to the flame, watching it flick and eat away all the negative thoughts, patterns and words. Shedding tears of sadness and strangely at the same time joy as I say goodbye to what once was. Silently I sit watching those flames until I feel something within me rise again. A song flutters into the consciousness like a gift and I play the tune so that I can hear and feel it within. With eyes softly closed and music hanging in the air my body begins to sway back and forth.



Before you know it I am on my feet dancing with my soul to those erotic beats again. I rise from the ashes like a phoenix for we are constantly on a journey and it's time to take flight.

Today let us all rise and stand tall to do our work, dancing with our shadows and singing with our light to become the adult children of the Aquarian age. Let us speak with kindness, yet stand firm in our boundaries, understanding all are one humanity with beautiful unique qualities trying to make this world a place magnificent for all.

*Let us all rise and stand
tall to do our work,
dancing with our shadows
and singing with our light.*

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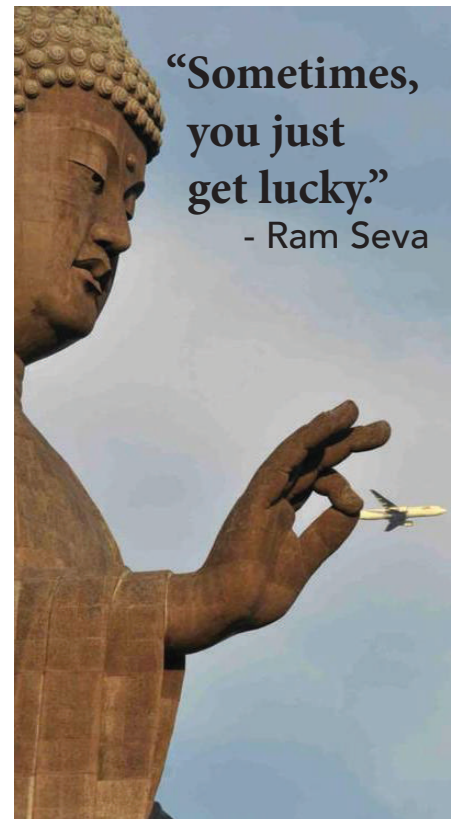
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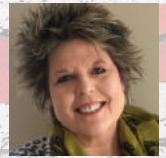
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**"Sometimes,
you just
get lucky."
- Ram Seva**



RESIST OR REFLECT

Finding Common Ground Is Key

The Resistance Movement that arose as a result of the Donald Trump regime has only become more active and vibrant as his presidency continues to descend into darker, more bizarre territory. But what once was considered fringe, anti-establishment protest is now sounding like sane, sage advice.

The Resistance is beginning to encompass both left and right values and in response to Trump's ideology, the two facets are starting to band together to maintain equilibrium and restore sanity. Trump the great disrupter is indeed beginning to unify based on the absurdity of his behavior.

The recent health care debate had extreme liberals on the side of staunch conservatives, bound together in their mutual dislike of the bill, albeit for different reasons. Commonality is also forming around both sides of the aisle as Donald Trump threatens and bullies North Korea, attacks his own party leaders, refuses to denounce White Supremacy and racism after Charlottesville, alienates other countries and threatens the environment by withdrawing from the Paris Agreement, and the list goes on. Although the country is still deeply divided, these examples represent shared concerns many on both sides have in common.

Some of this unification can be attributed to the shift in consciousness as more and more people are waking up and moving beyond the polarization of the 3rd dimension. As we travel closer to the 5th dimension, ideals such as unity, peace, harmony and universal love begin to override the divisiveness currently at play. But before we get there we have to go through the 4th which deals with confronting the shadow side in ourselves and our world. Which is exactly where we are now, faced with the underbelly of humanity's thoughts that must be transmuted. Getting from here to there may seem like a daunting task, but as more



and more people awaken, the critical mass needed for change is more easily reached. The energies currently on the planet support the opportunity for progressive change to happen to bring about a more peaceful, unified world. At the same time, there is a lot of dense energy to cut through in order for more light to emerge, which requires strong, decisive action.

One of the challenges light workers have today is what kind of role to play in this production; to resist and take outward action or reflect and internally engage.

Actually you can do both. My personal recipe for playing in these energies is to take Mahatma Gandhi's advice, "be the change you wish to see in the world," which takes both external and internal action. Visioning and scripting are two activities I engage in to create a picture of the world I want to live in. After that image is developed, I put it in my own personal cloud where I can use it as a guide for action. As issues or situations arise, I examine to see if they support my vision of the world and if they do I take physical action to support and encourage and if not, I work to create change.

Reflection or Internal Engagement Activities:

Be intentional in everything you do,

visioning, scripting, meditate, send energy to decision makers to support your altruistic vision of the world that is for the highest and best good of everyone, send energetic clearing to dark portals, practice gratitude for the high ideals and values we have in our country, pray for unification and whatever else you feel is for the good of all.

Resistance or Outward Activities:

Call or write your representatives regarding issues, engage with others to discuss ideas, understand positions others hold that may not be the same as yours, create community and work on local concerns, march in solidarity for causes you believe in, volunteer, look for commonality with others-things you can agree on, attend candidates forums, hold elected officials accountable and follow their positions on legislation, find your voice and use it.

You can be the change in the world you want to see, using your energies both inwardly and outwardly. Let your vision and intention of a better world be your beacon. When we begin to see what we all have in common and come together to support those values, it can make the areas where we disagree less divisive. Whether it is Congress beginning to band together to enforce sanity in a crazy administration or neighbors forming a committee to discuss rising crime in their community, seeking common ground can give way to unification. Let's begin looking for ways we are alike.

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

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— Swami Muktananda



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

-Ammachi



ONE VOICE

Saturday, September 23

7pm

facebook.com/OneVoiceKirtan



Blue Spirit Wheel

Planetary Alignment (Yoga at 3pm)

September 30, 7:30pm


Nirvana Yoga/Grant Park



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Mantra Chant with Ian Boccio

Sacred Sound Meditations for Consciousness Expansion




Chants for Awakening

The Bodhisattva Path to Liberation
Mondays, 7:00 pm, by donation.
Vista Yoga
2836 Lavista Rd, Suite D, Decatur, GA 30033
Chants for Awakening is for anyone who is interested in consciousness expansion. We chant four specific mantras from the Buddha Dharma tradition that are designed to bypass karmic blocks by connecting to the higher consciousness which is an integral part of each one of us.

Medicine Circle

Healing Chants from the Buddha Dharma
Wednesdays, 7:30 pm, by donation.
Candler Park Yoga
1630-D Dekalb Ave NE, Atlanta, GA 30307
The Medicine Circle is for anyone who is in need of healing, or knows someone who is in need of healing. We chant the White Tara and Medicine Buddha mantras for the purpose of amplifying our natural healing capacity on physical, emotional and mental levels.

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



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MODALITIES

BHAKTI KIRTAN

Sacred Singing Vibration Raising

Welcome to the first edition of the Swaha Productions page in Aquarius Magazine. We are honored to be part of the Aquarius family as we move out of the Piscean age and into the Age of Aquarius. Swaha production's goal is to produce, support, and promote bhakti yoga events and activities in the Southeast. Bhakti is the yoga of love and devotion to one's own conception of God as a path to self realization and ultimate union with the Divine. Some of the the main practices of bhakti yoga involve mantra, kirtan, dance, chanting, service to others, poetry, art, and many other ways one may express devotion to God. The practice of bhakti yoga is often aimed at opening and healing the heart so that pure love of this Union may overflow into the lives and world of the yogi. Swaha Productions is focused mainly on the kirtan, mantra, and chanting aspects of Bhakti Yoga.

The ancient practices of kirtan, chanting, and mantra have been utilized by devotees long before the Aquarian Age was even on the horizon. It could be considered that the use of these spiritual advancement tools have been part of the foundation which has helped to evolve our collective spiritual connection to this point in the Aquarian Age. This type of yoga resonates with the vibrant energies brought upon by the shift we are all now experiencing. Not only does it expand and uplift the individual practitioner, but it also has a profound collective effect when practiced in a group. A beautiful and loving bond is created between individuals when devotional practice is shared. The mantras repeated create an overwhelming sense of a mood or "vibe", often referred to as the Bhav. The Bhav can be a truly palpable experience as a direct result of bhakti yoga, leaving one

with an experience of bliss, peace, clarity, catharsis, healing, and so much more.

Our aim is to make these practices available and accessible to people from all walks of life at any level of experience or exposure. Our sincere hope is that anyone with even a mild curiosity, will feel comfortable and completely welcome to check it all out. There are no rules or expectations. Just bring your heart and your breath. It is all about the individual's path and devotion to their own concept of God so there is no need to learn about other people's ideas of God to take full part in the experience. We will be presenting Bhakti related articles and events including interviews and a comprehensive overview of the Bhakti scene in the southeast including upcoming events, service opportunities, workshops, and classes. Look for the Swaha Productions update each month in Aquarius Magazine and please like us on FB and join our mailing list for further updates throughout the month. See you in the Bhav!

Namaste
Nathanael Ivey



KIRTAN EVENTS IN SEPTEMBER



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



Flavia Krishna and Gershone
Saturday, September 16
Decatur Healing Arts



One Voice
Saturday, September 23, 7pm
facebook.com/OneVoiceKirtan



Blue Spirit Wheel
September 30, 7:30pm
Nirvana Yoga/Grant Park

tipi diaries

Robyn

Pay attention to nothing and you can hear more.

My Spirit Tipi is broken. This is most definitely a metaphor for my channel being turned off. The channel is always open, I turn it off. I burn out.

I have to connect for me, to me. I have to make it about me. The more I connect for me, love me...the more I have to offer. It reflects out. It pours out.

If you die with any regret - there is Karma, something holding you here.

I have to connect to ME. When I do, the love I soak in oozes out.

The only sin is not being who you are, in every expression. In every creative expression. The more grounded and in my body I am in, the more focused my creative energy will be. The more expressive it is.

My power animals are here to teach me. I am here to learn. Sometimes I am the Spirit Animal. ("Not Animal Spirit?" asks my mind) No. You are a Spirit Animal. You are Heaven and Earth.

What would be your biggest regret right now? Mine would be not loving enough, especially myself. The biggest regret at the moment of death is how Karma is set. It is only at death. The only time Karma sticks is at the death of the body of the incarnation. How do you die with no regrets? *Forgive yourself for anything you regret.*

My mind thinks, what about people that do horrible things and never regret them? These people exist. These people are not conscious, they are stuck in darkness... their channel may be lost, but its not gone. We are here to help them - We/Us (the unseen, ever present help you have around you). Just like you, they have angels, guides, and ancestors helping them to find the light.

We have spiritual ancestors and physical (body) ancestors... Heaven and Earth Ancestors, because we are both. WE/ I...You are seeing yourself as separate still. We are not separate from each other in body or spirit. We help each other and you help yourself. You pour, you drink. You drink, you pour. Drinking While pouring seems to be harder.

I've been procrastinating fixing my Tipi. It will be a lot of work. It will require patience. The rope holding all the poles together at the top broke apart, disintegrated really, all the rope did. I haven't been able to spend time in it. At first I blamed the rain, but tonight as I sat looking at it, it said... Wait. There was no block up to use it. The tipi told me to wait. I told myself to trust there is a reason. I feel a 5th chakra correlation around this...where creativity is expressed. Listen more than you speak. Drink more than you pour.

It's time to change my relationship with myself. ALL of me, but especially the physical me, my body, Earth and fire, water and air. I need a fresh start.

Empty of regrets. Full of trust and love.

It's time to take down my tipi, give her some loving care and face her up again....but which direction? It's time for change. Rapid change is coming.

You must be able to drink as you pour.

Gratitude for all of the seen and unseen help we ALL get.

The other lesson: I thought I needed to be in my tipi to write. Tipi is me. I am my home. My body, my home, is me. I am at home in the physical and spiritual. So...I can write. In Tipi - Tipi is me - I am in me.

I am Heaven and Earth, not separate from anything. I constantly flow from one to the other, always moving, in balance. Weaving and creating.

The channel is always open and moving in both directions simultaneously.





Truth Or Fiction?

The Answer Is...Both!!

Patty Paul

I usually ignore 'adages,' 'proverbs,' 'sayings,' 'mottos' and the like, because they don't mesh with my constantly expanding belief system. But there are two sayings, one from ancient times and the other very modern-day, that do resonate with me and my perceptions about 'truth' and 'fiction.'

The 1st century BC Roman poet and philosopher known as Lucretius is the oldest known reference for this truism: "Sit enim unus homo quid sit pabulum, aliis acre venenum" - "What is Food for One Man May be Bitter Poison to Others."

For the focus of this article, blogger Mira Grant's quote is more to the point: "One man's gospel truth is another man's blasphemous lie. The dangerous thing about people is the way we'll try to kill anyone whose truth doesn't agree with ours."

The proof of Ms. Grant's statement is in the poison-pudding of mayhem and fear we are served on the world stage in endless cycles of domination and punishment, pain and revenge; and which too often appears as tragic reality in personal lives.

The good news is this: There is a way to break that destructive cycle. It begins with a deeper understanding and ownership of who we are as complex human beings on our personal and unique spiritual journeys seeking self-awareness and empowerment.

Of course what I express here is my personal truth; that which makes sense to me and facilitates my opening to expanding levels of wisdom, as I follow my soul's path. But to you it may seem like fiction.

What a great example of my premise! Each of us is a multidimensional, multifaceted being; a complex human with many aspects, who has chosen to

experience lifetimes in this physical world for the purpose of discovering who we truly are, including the more expansive aspects and the more limited. The more enlightened inner-selves and those in the shadows; all of which are energies alive in our unconscious.

As Ms. Grant states: "The dangerous thing (aspect) about people is the way we'll try to kill anyone whose truth doesn't agree with ours." So who does that? Or more to the point, what aspect of who we are as a human being could be that cruel and ruthless? What part of us has the capacity to kill other people simply because they hold different beliefs?

It is the inner-self that feels 'self-righteous justification' for doing anything deemed necessary simply because "I am right and they are not." It is the most dangerous aspect of all, for every heinous atrocity is allowed by the premise that 'the end justifies the means.' We all hear its whisper now and then but for a few, it is their voice.

For thousands of years, self-righteous justification has been the steam roller destroying societies and civilizations in the name of religion; and most of us - in one way or another - participated during other lifetimes, if not in this one.

As human beings we each have the capacity to be the ruthless self-righteous-justifier. Yet most of us are not because, as a whole, we have evolved consciously and spiritually beyond that barbaric state. Our prevailing human nature is to be loving, caring and compassionate*. However it is important to recognize and own that darker self for we travel this lifelong journey, our soul's journey, to discover the whole of who we truly are: a complex and powerful spiritual being that creates their own reality and has the ability to consciously change it.

The self-righteous despots, tyrants, dictators, terrorists and other oppressors who, in the name of Truth, feel justified in perpetrating atrocities against humanity (and in personal lives too) are reflections of our own limited inner-selves about which we are in denial: "Not me. I'm a metaphysician." "Not me. I am spiritual." "Not me. I'm a Christian/Buddhist (etc.)."

The presence of those tyrannical dark forces on our world stage is a valuable manifestation. They remind us that we each have that element as part of the multidimensional being we are. We each have lived many lifetimes and it is likely that in some we were the ruthless oppressor. Self-forgiveness instead of judgment is called for at this point.

The physical world is a mirror offering each of us the opportunity to consciously recognize, acknowledge and own the self-righteous-justifier's reflection before us; to embrace it with open hearts and to integrate it into our wholeness. That positive shift is confirmed by declaring: "I, the mature spiritual adult, am in charge of my life."

A mature spiritual adult is compassionate and understanding, confident and self-empowered. They take full responsibility for creating their own reality and gain personal freedom in return. They appreciate another's similarities and respect their differences. They let go of labels like "Truth" and "Fiction."

And they change the world.

*For every public story about inhuman cruelty there are a thousand unreported stories that illustrate our compassion and caring.

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Unique Voices

The Final Wave of Souls is Here And It's Going to Change Everything

Since time immemorial right down to the spiritual science fiction novels of Arthur C. Clarke, mankind has been pondering the great question of the nature of consciousness. From the theories of psychologists such as Erich Fromm, we know that an archetypal and primordial collective consciousness is present within humankind.

This article will explore how that consciousness might develop further in the course of the Third Millennium. What we mean by that is that the ultimate consciousness of the 'Singularity' is at hand. It will be a time of true soul communion and the long awaited reincarnation of the 'Virgin Souls' is the sign that the hour is nigh.

Even old philosophers such as Ralph Waldo Emerson had seen this coming. His ideal of Transcendentalism had imagined an 'Over-Soul' or 'Over-Mind'. Spiritual Union with Great Absolute is what humanity will achieve through our preordained species' destiny. This does not mean that the road ahead is not without its fair share of traps.

In fact, most Souls incarnating today are Third Wavers or their forerunners, to help accommodate for the next step in the evolution and expansion of the human consciousness.

The First few forerunners started to arrive roughly 100 years ago as scouts to make preparations for the Third Wave. Their talents were many and varied and appropriate for the task.

From about 1950 onward, these Souls with their special talents became known as the Indigo Children and began to arrive in larger numbers. Does that ring a bell? Think about it, the fact that these special forerunner souls had the grit,

guts and gumption to change the world is fairly evident.

Take a look around you and see the amazing journey that we have charted over the course of merely 100 years; which is less than a blink on the cosmic time scale. The Indigos came to prepare for the arrival of the Third Wave of Virgin Souls who had never been to earth before. All Indigos have only little Karma from previous lives to deal with and they have guts and many talents.

This paved the way for the arrival of the long awaited Star-Seed Children or the Rainbow Generation. By the 1990s they made their first appearance and the human spiritual evolutionary cycle moved into high gear.

The Third Wave has no karmic burden or accountability to the earth dimensions or other earthlings, whatsoever — they are all Virgin Souls.

They are angels incarnated, just like both the first and second wave were when they first arrived.

However, they are all born with a built-in moral compass, because the "veil" of Forgetfulness that other Souls have, is "torn in twain". Ancient Oriental myths and philosophies also talk about the importance of the collective memory for the spirit. The ancient Sanskrit scriptures confirm this by talking about the concept of 'smriti' (which literally means memory), and how it can break the cycle of rebirths to create Moksha. Similarly the veil of 'Forgetfulness' allows them to view the Earth as dispassionate.

These gifts are usually revealed as they grow older. Their enthusiasm is demonstrated in their creativity.

The Rainbow children are to be the builders of the New World, using Divine will. They are fearless and are pure givers ready to fulfill mankind's needs. They will be the ones to bring about the fabled 'End of Childhood'. By this we mean the end of the Spiritual Childhood.

The banishment of self-alienation will take humanity closer to a union with the Primal Cause (we call God) and finally evolve us to be beings of the fifth dimension.

The Higher Beings exist in the place of the great so-called 'Ultra-Brockian Realms', which would make their existence perpendicular to reality as the uninformed observer in the time-space continuum would see.

Humanity's destiny may be fulfilled in the course of the next generations, something that the ancient texts of the primordial civilizations (think Atlantis) had always foretold. We have reached for the spiritual stars as a species. It is time to embrace our destiny. There is no turning back now.





Without Restraint

Diane Glynn

They arrive every second of every day.

Millions of them. Different colors, shapes, sizes. With all pieces intact, some with pieces missing. Bursting forth with such energy it takes our breath away. We wait for that first sound, that first rage against the world.

A child is born.

Forced from its cocoon this little one shakes with confusion. We wrap her tightly in blankets and hold her close in order to calm her. We bring her to breast to feed and to soothe, reconnecting her to the one that held her so close for so long.

A new life begins. A new story to be told. But when did the story truly begin? I think of my children, how different they are. Ten years apart, different generations, different philosophies on life and yet they come from the same parents. A little bit of both of us contained within each one – but only enough to let the world know which humans they belong to.

Where did they come from? Why are they here?

The fascination with the purpose of life has been with me for a while. As a teen I began to ask, "How can we be so naïve to think that we are it". So began a journey of discovery that still exists many years later. My belief is that we come here to learn and to teach. My belief is that this is "Planet Las Vegas" - except that what happens here doesn't stay here. It's just crazy like Vegas.

Our children are born to this place bringing lessons that have been learned from their many journeys to and fro. Most of us believe that, in this Age of Aquarius, everything is on full tilt. We

are learning at a break-neck speed, rarely taking a moment to slow it down and understand what is truly happening.

It's almost as if we've been invaded. We often struggle with these new beings. We don't understand them. We watch with clenched teeth as they jump to and fro, trying desperately to take in everything. This new journey, for them, is utterly fascinating. For us, it's like watching little explosions occurring all around. Non-stop. Never in the history of the human race have children been moving and learning at such breakneck speed.

People will tell you that we need to stop them. This hyperactivity is too distracting and disruptive. So we begin to medicate these little creatures that see no boundaries. We are told they need to be bound – but not with ropes and restraints. That would be cruel. Why would we do that when there are so many chemical choices?

Given a pill and a screen to stare at, and all is finally quiet. Energy contained and boundaries set.

And a life begins to die.

ADD, ADHD, Bipolar, Depression. So many labels given to a child who simply wanted to show us a new way of living. Medication after medication. Each one with a different side effect, each one leading them deeper into understanding that they are not of this world. At the age eight, in tears, mine said to me, "Why does no one understand me when I talk?" I had no answer.

We don't know and that frightens us. We choose to turn off the lights – these beautiful, ethereal, lights - because we are not willing to become part of this new energy that is surfacing. It is too big

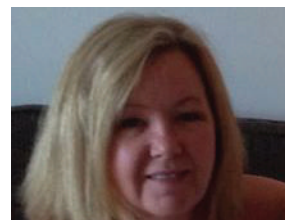
for many of us to handle. So we flip the switch and shut them down.

No longer inquisitive, no longer sharing crazy, funny, challenging ideas. They have become quiet. Look out your window – how many children do you see? Where have they gone? We have stifled the beings that were sent here to help us evolve.

What if we helped them traverse this new world differently? Guide them to creative outlets for the energy they produce. Interactive play, dance, music, paintbrushes, working with nature.

Choose natural diets versus processed ones. Protect them from physical harm, but allow them to shine their lights from the moment they are born. Watch as they play, listen to what they say, learn their language. Let them be the beings they are meant to be.

They came here to teach us a new way to love. They came here to tell us new stories. If you are brave enough to go along for the ride, they will show you parts of yourself you didn't even know existed. Are you brave enough to love this child – without restraint?



In addition to being a freelance writer, Diane Glynn is the Executive Director of Unity North Atlanta where she is also a Prayer Chaplain. These roles all fulfill her desire to be of service. Follow her at yesthismoment.com and on FB at "This Moment".

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.

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.

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.

Eckankar Center - Religion of the Light and Sound of God. ECK Worship Service on first Sunday each month at 11a.m. 2217 Roswell Rd, Marietta. Children's program Call: 770-973-4001 www.eckankar-ga.org.

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

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

One World Spiritual Center - Celebrating One World, One Heart. Sunday Service at 11:00 am held at the Open Mind Center, 1575 Old Alabama Road Suite 213 Roswell GA 30076. 678-214-6938, www.oneworldspiritualcenter.net.

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 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.

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 678-819-9100

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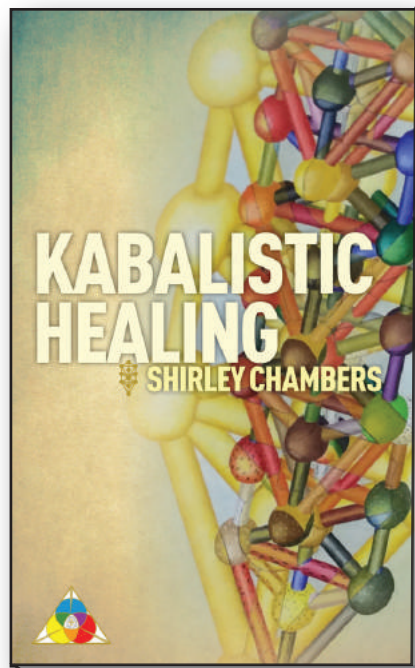
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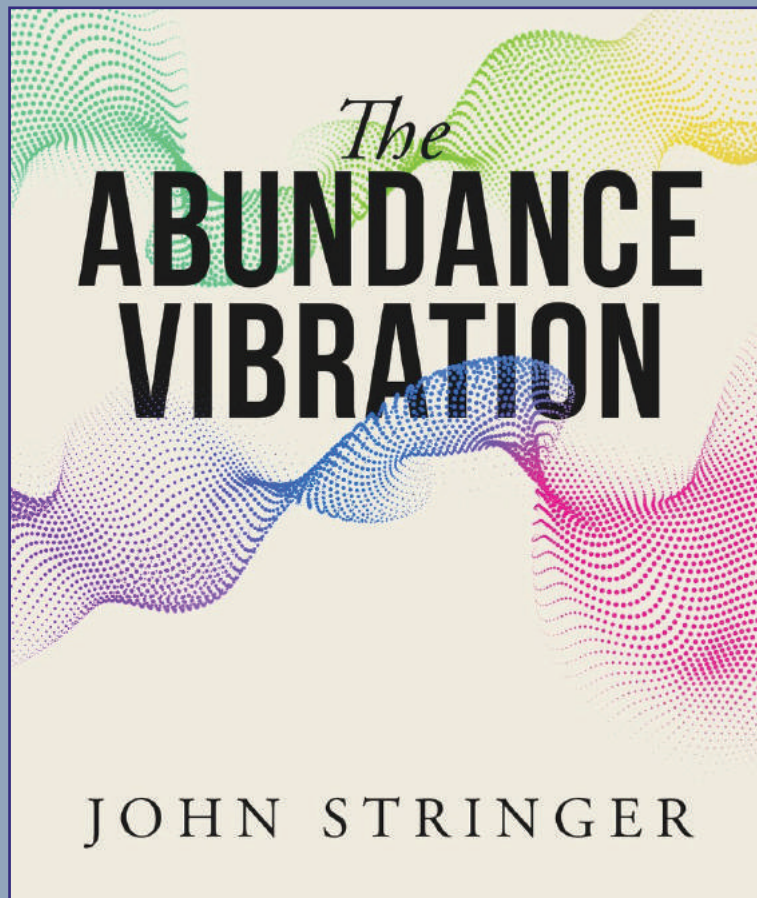
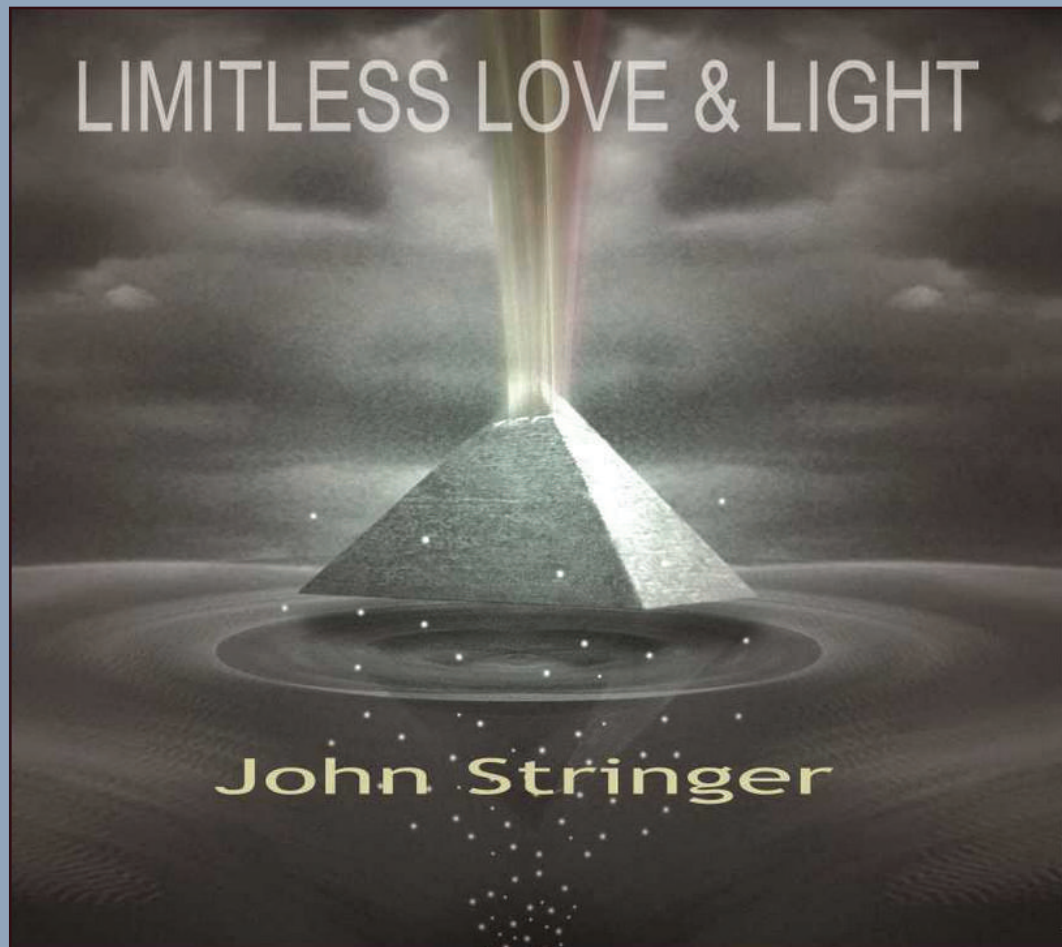
John Stringer is a life teacher, speaker, billboard charting singer-songwriter, healer, and author with a passion for music, community, personal development and limitless love and light. He currently serves as CEO/Founder of PolyPlat Records, co-founder of Indiehitmaker.com, Access Consciousness practitioner (B.A.R.S.), and collaboration expert at www.bandingpeopletogether.com.

As the front man of the indie rock band State of Man, John co-wrote and recorded several albums (including a top 10 best selling Billboard chart hit single) and performed in 9 countries (including tours for U.S. Armed Forces). John's music has been featured on major network television and he has also appeared in national print ads (Rolling Stone, VIBE, SPIN, Vanity Fair, etc.).

He is currently touring in support of his debut solo album Limitless Love & Light (which includes the Posi Award nominated song, "That's Love"), speaking and playing at spiritual centers, churches, conferences, retreats and festivals while sharing his uplifting and healing music through concerts and workshops.

Between enjoying his wonderful wife and children in Atlanta, GA, John continues following his passions in music while teaching, speaking, completing a new book, focusing on an inspired music label venture (polyplatrecords.com), and enjoying life.







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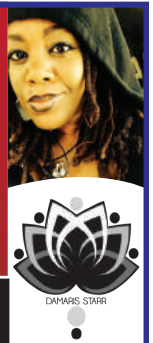
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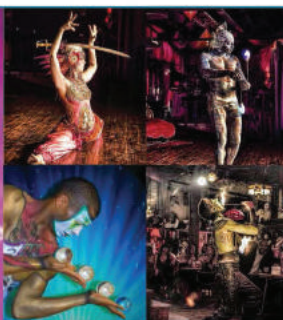
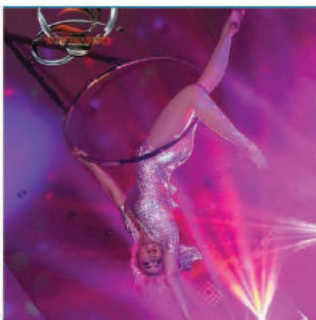
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Michael has over 15 years experience as an astronomical consultant. In 2005 he graduated from The Connaissance School of Numerology in London, United Kingdom with a certification in Esoteric Numerology. He is a member of The Association International de Numerologues (The International Association of Numerologists) and The American Federation of Astrologers, Inc.

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