

October 2017/Libra

AQUARIUS

Exploring Life In the New Age

Sing For Peace with Phil McWilliams

The Eye of the Storm

The Numerology of Hurricane Harvey

Michelle Lee

Rebuilding After The Storm

Bruce Grierson

Community Spotlight

Phil McWilliams

The Art of Aquarius

John Stringer

Phil McWilliams Sing for Peace

On Saturday, October 28, 7pm at the First Existentialist Church in Atlanta, a very unique and important event will be taking place. It's an event that will actually be a "non-event" focusing on the individual and the collective in a way that may be unprecedented in the Atlanta area.

After all, we live in unprecedented times, when anger, intolerance and violence seem to be the first response to things that don't sit well. Stress, anxiety and depression are at all time highs, as evidenced by the soaring availability and use of medications used to treat those conditions. Peace is something that is hard to find.

But it is so much more than that, offers Phil McWilliams, local chiropractor, yoga instructor and musician. Phil believes that peace is both a journey and state of being that begins within the soul of the individual, and expands outward, converging with the expanding peace of others, and eventually transforming the environment...from the inside out.

"**SING FOR PEACE**" is the "non-event", hosted by Phil McWilliams and **bhakta**, the kirtan band. The goal of the "non-event" is to bring focus to the inner realms of the individual, the community and the world, and by discovering the path to peace first in the heart and soul, then discovering how to let it flow outwards to the world. And he does not see it stopping at the end of the "event" - "we want this to be the beginning of something, an intentional journey into peace that will be part of a much bigger movement of peace...both within and without."



Phil McWilliams is a well-known and beloved member of the bhakti (devotional) community in the Atlanta area. He is a native Atlantan and has been around for over 30 years, serving as a chiropractor, practicing and teaching yoga and breath work at Kashi Atlanta, and performing as a kirtan wallah both as a soloist and with the band **Bhakti Messenger**.

Phil was one of the visionary thinkers behind **Chant-lanta**, a yearly gathering of music, dance, yoga, breath work and meditation. His latest album with his new band, **bhakta**, will be coming out later this year.

While **SING FOR PEACE** is Phil's "brainchild", it is most certainly NOT a "Phil McWilliams" event. That is why he wants to think of it as "non-event", and has been sharing the vision for it quietly with small groups of friends and supporters.

"The goal is not to have an event, and then it's over. And it's not going to be a 'performance'...it is an **experience** that will bring focus to the inner heart of those who are there - players and audience." He has been diligent to create a vibe around the event that is non-promotional, and instead fosters inner vision and experience of connection.

"Peace is experienced. It is something that is internal and only becomes collective as all begin to experience the inner reality of peace."

Ultimately, of course, the hope is that peace will flow from this experience and become a manifested reality in community and globally. But this is the first step, and it begins with the individual who makes the courageous decision to explore and discover peace in their own unique "soulcape."

Phil's music is both mellow and intense. He primarily sings mantras, in the devotional language of Sanskrit. Most of his songs are written to be sung by the listener, and are structured to create inner focus, meditation, even trance...as the listener becomes the participant, and together with the "leader" enter into a higher vibration of awareness, consciousness and clarity. **SING FOR PEACE** will create a sonic experience of peace, inviting the attendees to journey into PEACE as an inner reality. "When people leave the event, we are hoping that they will leave in peace and manifesting peace to the world."

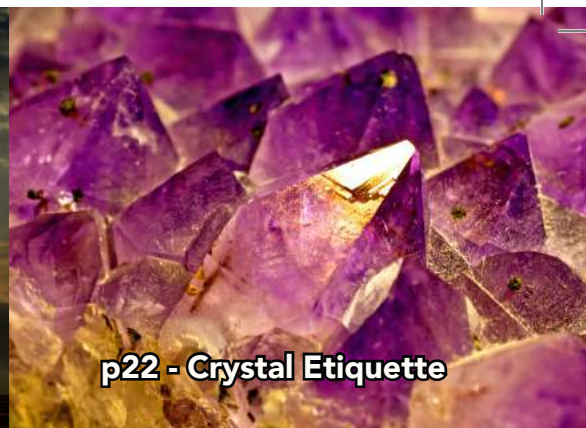




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THIS MONTH

October 2017

Eclipse! Earthquakes! Raging forest fires! Two destructive hurricanes! It seems the storm has settled upon us. This is the birth of the New Age of Aquarius...and all births are accompanied by pain. It seems our planet is engulfed in chaos...but there is PEACE in the eye of the storm! This month, we focus on SING FOR PEACE, a gathering of music to celebrate and create Peace...and how we can weather the storms.



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

In the Age of Pisces, if we are to single out one person who is the most important, the most influential in shaping the energy of the era, it would be the one we know of today as Jesus Christ. It is no mistake that the early followers of Jesus, who risked persecution by the remnants of those who were most powerful during the Age of Aries, used a fish as their secret sign. Nor is it a coincidence that when the temporal paradigm of the Piscean Age was formulated in the Gregorian Calendar, the Latin term "Anno Domini" was used, "the Year of Our Lord," referring to directly to Jesus. Although Jesus himself is thought to have lived on Earth for a comparatively short time, the movement of consciousness he initiated would have tremendous consequences over the next two thousand years. About 600 years after the beginning of Christianity, the prophet Muhammad founded the religion of Islam as another evolutionary branch of this same movement, and together the two faiths would dominate much of what happened in our world for the first two thirds of the Piscean Age.

Christianity and Islam have a common Arian ancestor in the figure of Abraham, the patriarch in the Old Testament of the Bible who first entered into the covenant with God. The descendants of Abraham, the Jewish people, consider themselves to be the Chosen of God, and the Jewish religion is a remarkable one for its embrace of monotheism, the belief that there is only one true God and that all other manifestations of divinity are false. At the time, during the Age of Aries, monotheism was almost completely unknown, with polytheism, the belief in

many divine manifestations, being the norm. Polytheistic cultures were often tied to nature, seeing the sun, the moon, the Earth, the sea, etc., as divine beings with human-like personalities. Although each culture had its own cosmology and stories about the creation of the universe, they were able to, in most cases, accept the existence of deities and mythologies from other cultures, and allowed them to exist side by side (and in relative peace). The Roman Empire, perhaps the most powerful of the Arian societies, embraced any and all religions as part of its cultural framework, only requiring all citizens to also recognize the Emperor as divine.

Monotheism, however, took a different path. The monotheistic world view sees other religions as being false, and in one way or another it attempts to assert the primacy of the one true God over all others. In the case of the Jewish people, this has manifested as the maintenance of a relatively closed society of the Chosen, delineated by genetic connections that lead back to Abraham himself. Christianity and Islam saw the situation differently. These religions, which developed out of Judaism, believed in conversion, meaning that anyone, regardless of their ancestry, could declare their faith in God and be saved from the fires of hell. Furthermore, it became the responsibility of Christians and Muslims to convert the followers of other religions, to save them by bringing them into the true faith. In spite of the intentions of Jesus, Muhammed and those Christians and Muslims over the centuries who believed in love and peace, this attitude led to intolerance, which led inevitably to violence. The belief in

clear moral boundaries between right and wrong, as opposed to the shades of gray that polytheists favored, often resulted in bloodshed, especially when Christians and Muslims came into conflict with each other.

During the Age of Aries, great empires rose and fell, but none of them could match the power of these Piscean religions. Through conversion, often forcibly enacted, Christianity swept through Europe and followed explorers across the globe until it achieved something unprecedented: a cultural construct that existed everywhere on Earth. Today, Christians number over 2.2 billion people, with Muslims coming in at over 1.6 billion after a similar conversion campaign. Together they account for almost two thirds of the Earth's humans. For more than a thousand years, the beliefs and moral commands of monotheism ruled the world. Its power would go unchallenged until the 14th century with the rise of science.



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 eye of the storm

Don Martin
Publisher

I am writing these words at Starbucks, because I have no power in my office. Two days ago, Hurricane Irma, the largest and most destructive hurricane in U.S. history battered Florida and then passed through our state. Even though Irma had been downgraded to a tropical storm, Atlanta was not prepared...trees came down, and over 1 million people lost power.

I was one of those million. Our power was out for over 27 hours; then it came on, for about 12 hours. Then it went off again. It's off now. Which is why I am Starbucks.

In the past month, we have gone through an eclipse, a powerful Aquarius moon, a strong Mercury in retrograde, and two hurricanes, Harvey and Irma.

Most of my friends - in real life and on social media - testified to this being one of the most stressful and spiritually agonizing periods they have gone through in recent memory. Several have felt the call to uproot their lives and hit the road...just to get away, get alone, and be an empty page upon which the Universe can write the next chapter.

I experienced something like this in my own life. Three weeks before the eclipse, I had a powerful "waking dream" in which the goddess Kali stood before me with a sword in her hand. She raised the sword and swept it across my chest, from right shoulder to left abdomen. It was a deep cut, and my organs began to fall out. I had been gutted by Kali!!

Upon reflection, I realized how similar the slash across my chest - when viewed from the vantage point of an observer (not from my view point) - looked just like the path that the eclipse took in it's passage

across the United States. I had a strong intuitive sense that the eclipse was going to mark a very transformational time for me, a demarcation between old and new, between ego and spirit. I also understood that it would be a somewhat painful experience...I would be "gutted", so to speak, and have to allow my insides out.

For me, it certainly turned out to be the case. I have been challenged - by a number of circumstances (and people) in my life, to get serious about authenticity and honesty. I have had to let my "guts" out, to be honest with others about my own truth...regardless of how uncomfortable or unpopular my truth might be.



What about you? Have you had a similar experience? (Tell me about it...go to our Facebook page at Facebook.com/Aquarius.medianetwork, or write me at info@aquarius-atlanta.com).

Now...the hurricane. Hurricanes happen when there is a huge build up of energy due to radical changes in air pressure. A very high pressure system comes into contact with a low pressure system...and a hurricane is formed. The greater the difference in pressure, the stronger the storm.

I relate to that - I have been experiencing a storm brought on by conflicting pressures in my life. I suspect that you can relate to that as well. The pressures of life - work, money, relationships, politics, war - conflict with the serenity and love that you seek through spiritual practice, yoga, consciousness, meditation, healthy living or service to others. Storms arise, and you feel yourself battered...you lose power, and feel as if you are living in the dark, alone, uncertain, and afraid.

The truth is - conscious development and evolution take place as the result of painful and vexing experience. How I wish it could happen as the result of paying a few hundred dollars and going to a conference where enlightened speakers give us the low down on success and enlightenment. But it does not happen that way...not in any real or lasting sense. Being slashed across the chest by the sword of Kali or being in the eye of the storm is far more likely to help us become the servants of Light that we want to become.

Here is the good news: IT DOES! Those painful and vexing experiences absolutely and most certainly DO transform us spiritually, emotionally and even physically. Our consciousness expands, our hearts grow more able to love without ego, and we learn how to live above fear.

The eye of the storm is not a fun place to be...but it can be full of wonder, and hope and authentic conscious empowerment. If you are in the midst of wreckage after a storm, or are trying to hold your guts in...have hope. This storm shall pass, and you shall remain...stronger, larger and more Light-filled than ever!



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The Numerology Of Hurricane Harvey

Michelle Lee

As a fellow Houstonian raised on the Gulf Coast at NASA, Hurricane Harvey has caused me to take refuge in my home this past week even though I currently reside in North Georgia. As a Master life path 33, or just a fellow human being alone, the pain of my homeland, my friends and family members is something felt deep down to the core of my soul.

In the past I've written much about the positive attributes of numbers in charts. Now I'd like to take the Chart of Hurricane Harvey to explain how a Numerological chart which could be so positive at first glance, can become so powerfully negative and intensely destructive.

On August 13th, 2017 meteorologists began monitoring a tropical wave off the western coast of Africa. This tropical disturbance was expected to merge with another wave of low pressure just southwest of Cape Verde and start organizing together. Instead, they remained separate with a large trough moving this wave farther north.

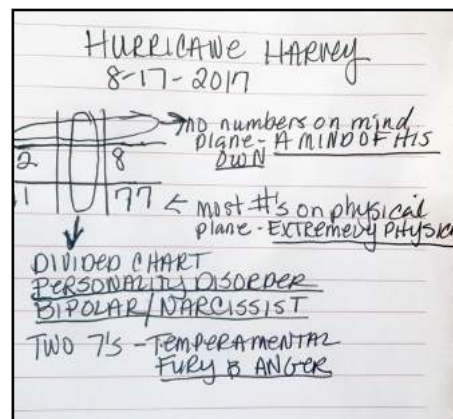
On August 17th, the tropical system began showing signs of organization. An Air Force Hurricane Hunter was sent in and a well defined center was found. At 21:00 UTC, Hurricane Harvey was born as Tropical Storm Harvey.



Photo Credit : earthobservatory.nasa.gov

Hurricane Harvey was born a Leo. Leo is the fixed sign in Astrology representing one with a Royal loving heart. A negative Leo is one who misuses their royal power to seek destruction on others.

HURRICANE HARVEY Arrows of Activity, Main Personality Indicators



LIFE PATH AND BIRTHDAY NUMBERS 8 THE POWERHOUSE / THE DESTROYER

The life path number indicates our primary focus in life whereas the birthday number indicates the gift we bring to the world. In the language of numbers, Eight is considered the number of power and strength. It is the combination of the material world (our physical needs) and spiritual world (our soul's needs) meeting together at a single point in the infinity symbol of 8.

The positive side of those born with this number is to build great things that will spiritually enhance humanity in material ways. These are the ones born to lead large scale humanitarian and relief efforts.

The negative side would be those who do not reach their spiritual potential and instead seek to destroy the material and spiritual world of humanity. With two Eights as the most prominent numbers in the chart, this doubles these qualities tremendously.

THE POWERHOUSE DESTROYER DESTINY NUMBER 5 FREEDOM / WAR

The Destiny number indicates the manner in which we will go about to achieve our life's purpose.

The number 5 relates to freedom and constant activity. Freedom to explore and enjoy life in all its' forms. It's the pivotal point in numbers where one must make decisions and take a chance. The five looks for varieties of experience as a whole. Five is one who will fight for their beliefs.

The negative 5 is hot tempered and does not care about who they've hurt with their harsh abrasiveness. They ruthlessly seek to fight and destroy freedom for others in their attempt to reach their own goals. The negative 5 is the number of War.

PERSONALITY NUMBER : MASTER NUMBER 55/1 FREEDOM AND LEADERSHIP / WAR AND CHAOS

The personality number is how we are seen by the outside world. In Pythagorean Numerology, only Master Numbers 11, 22 and 33 are normally given attention. A Master number shows up when the numbers in a certain area of the chart add up to a double number and indicate an excelled amount of energy in that area. Whenever a number reduces to ANY equal combination of numbers, I always prefer to look at that number because it points towards an abundance of energy in that sector of the chart.

For instance, whereas a Master Number 33 comes with the heavy weight of the Christ's energy, the energy of all the Ascended Masters combined, it would mean sacrificing the self for love of the greater good of humanity, but if we reduce it further it becomes 6 which is sacrificing oneself for the love of family and home. There is a vast difference in the energy of 33 and 6.

A master vibration of 55 is a double energy of the 5 which on the negative side can cause major outbursts and extreme energy of chaos. It also reduces to a one. The positive side of one is great leadership abilities whereas the negative side is self absorbed and doesn't care about who they run over in their efforts to get to the top. The 1 explains Harvey's need to remain separate from the other low pressure area off the coast of Africa as well. Ones remain independent at all costs.



Photo credit : PBS.org

On August 26th, Hurricane Harvey made landfall on the Gulf Coast of Texas in Rockport where it became the first Hurricane of that magnitude to make landfall in the area since 2005, the catastrophic year on the same Gulf Coast where Hurricanes Katrina and Rita made landfall. It's interesting to note that Hurricane Harvey made his second landfall just two days ago near New Orleans.

Yet the most profound part of Harvey's Chart is that on the day the floods began to rise in Houston, Hurricane Harvey was in his 8th year, 8th month and 8th day of his Numerological spiritual 9 year cycle. 888 THE TERRORIST

HURRICANE HARVEY : THE POWER-HOUSE TERRORIST OF DESTRUCTION AND CHAOS

To my fellow Texans, Houstonians and loved ones, I pray without ceasing for the relief you deserve and as a Texan myself, I know you have the strength, resolve and power to overcome the destruction this monster left.

Harvey became a category 4 hurricane at 23:00 UTC, August 25. Around 03:00 UTC on August 26, the hurricane made landfall between Port Aransas and Port O'Connor with winds of 130 mph (215 km/h) and an atmospheric pressure of 938 mbar.



A native Texan transplanted in the beautiful Deep South, Michelle is a natural born, highly sensitive energy reader and psychic medium. Born into a wonderful family that was unfortunately full of discord made her sensitivities almost unbearable to live with, her childhood tormented and that still make relationships in her family of origin quite tough. Thankfully, she was able to find a way to harness it and use it for the betterment of living beings, if only in some small way. You can connect with her at www.michelleleeinc.com.

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Some people learn from catastrophe and bounce back stronger. For others, difficulties destroy them. Be one of the ones who rise from the wreckage.

1. Lighten up

Most people who bounce back from setbacks have a sense of humor. They know when they're taking things—and themselves—too seriously. We're often so paralyzed by fear of failure that we "self-handicap," sabotaging ourselves by putting an impediment in the way, says personal coach Steven Berglas. Because, hey, if something prevented you from trying your best, you can't be said to have failed, right?

"I'll die if I don't win the Olympics," Berglas sometimes hears from his clients. "Really?" he replies. "On the court? Or will you die of shame?" OK, they acknowledge, they didn't really mean die. But now there's a fissure in their anxiety through which the ridiculousness can seep in. It's hard to find the funny in the fine grain. Humor is about stepping back for fresh perspective. We assume that's something we're born with, but we can become better at seeing the lighter side by sheer exposure to that way of thinking. And it does take the edge off of failure. After all, an embarrassment today makes for an entertaining story tomorrow.

2. Join the club

Misery loves company. Just look at the growth of Web-based support groups like "15,000,000 Recession-Touched People" (on Facebook) and Global Depression Support Group (on meetup.com).

There's real value in commiseration. When Montrealer Sylvain Henry started a Facebook support group called "Recession Survivors" after being laid off from a software company, the group became a lightning rod for pain and blame. "You've gotta blame someone, right?" Henry says. "Whose fault is this?" People vented about the lost house, the failed marriage. It was cathartic.

Then something happened. "People vented themselves out," Henry says. "After that came another impulse: Let's do something about this." The members began posting productive hints, little money-saving tips about budget-friendly cookie recipes or how to throw a good garage sale. The site transformed into a clearinghouse of resourceful coping strategies for hard times. Call it Failing Better: the Open-Source Edition.

3. Feel guilt, not shame

The difference between guilt and shame is the reason we assign as to why failure occurs, notes Richard Robins, a psychologist at the University of California at Davis. Guilt says it's "something I did." But shame means feeling failure occurred because of "something I am"—in which case, you expect failure and don't act to avoid it.

But the cycle of learned helplessness can be broken. Instead of thinking "I'm a failure," think "I'm a good person who made a mistake I can learn from." If your story about failure is, "It's all my fault," you might need to practice looking outward and ask yourself, "What other things—things that aren't about me—

might have caused this negative event?" On the other hand, if your story is, "It's never about me," you may need to seek out some aspects of the problem you can do something about. Because let's face it, you do mess up—everyone does. In which case you need to own the failure, see what you can learn from it, and move on.

4. Cultivate optimism

Of the seven learnable skills of resilience—emotion awareness, impulse control, multiperspective thinking, empathy, the belief that you can solve your own problems, taking appropriate risks, and optimism—the most important is optimism, says Karen Reivich, a psychologist at the University of Pennsylvania. "There is nothing either good or bad but thinking makes it so," said Hamlet, and indeed, paying attention to the positive infuses the world with hope—and creates a climate in which failure loses its sting.

The key to resilience is thinking more flexibly and learning to increase your array of options. The psychologist Martin Seligman advocates disputation, in which you think of your mind as a courtroom where negative thoughts are instantly put on trial.

Keep Reading Next Page >

Rebuilding After The Storm

There are many factors that lead to the storm...but whatever caused it, you can come back!

You can rebut these thoughts, and you should. Now you're acting as your own defense counsel, throwing at the court every bit of evidence you can think of to prove the belief is flawed. The bad thought is no longer a lock, and it dies amid the doubt.

5. Ask not what the world can do for you...

Getting fired and left without savings or health-care coverage is rough, but for some, it carries an unexpected message: "Now you are free." Free to do something more meaningful with your life—like volunteering overseas. If you don't have to earn money right away, ask yourself: How can you be of service to others?

The sales manager of a Portland, Oregon radio station, Margaret Evans was let go unexpectedly in late September. As she researched new jobs and grad schools, it occurred to her that getting laid off was a kind of gift. She'd always intended to do service work. "This was my chance to make it happen," she says.

The tumblers aligned, and by December she'd signed on as a volunteer at an orphanage in Belize, through a Florida-based charity called Dream Center International. Travel, live cheaply, and do good for people who genuinely need it: not a bad recipe. "This turned out to be the best thing that could have happened to me," she says.

6. Scale down your expectations for yourself

When we succeed, we tend to just ratchet up our expectations for ourselves and not get a lot of pleasure out of it. But when we fail, it's much harder to ratchet down our expectations for ourselves. "That might be what failing well is," says psychologist Jonathan Haidt. "A willingness to lower our sights when that's realistically required."

Gilbert Brim begins his book *Ambition* with the story of his father in rural Connecticut: or rather, his father's windowbox. As a young man his father took pride in maintaining the forest on the whole property, but eventually that task became impossible. So as he grew older and weaker, he reduced the range and scope, until he was content just to tend the flowers in his windowbox, albeit to the same standards of excellence. If failure is about failing to meet goals you set for yourself, then one way to avoid failing is to revise those now-outdated goals. That way, instead of failing on a stage you once

mastered, you're still succeeding on a more modest stage.

7. Harness the Bridget Jones Effect

Keeping a journal can help you cope with failure. Jamie Pennebaker, a psychologist at the University of Texas, studied middle-aged engineers who'd lost their jobs. Those who wrestled with their feelings about the trauma through journaling were far more likely to find reemployment. It wasn't simply the tension-relieving "catharsis" of getting their feelings out. Nor was it that they were more motivated to get out there and pound the pavement—they didn't receive more phone calls, make more contacts, or send out more letters.

Rather, writing helps create meaning—finding coherence and building a personal story that lassos all the question marks hanging in the air and making sense of them. Writing about their feelings forced them to come to terms with getting laid off. It also boosted their social skills—making them more likeable, less vindictive, and better able to get on with things. They were less wrapped up in their past. They could listen better and were more optimistic and less hostile.

8. Don't blame yourself

Self-blame is corrosive. Research on kids raised amid domestic violence, abuse, or maternal depression shows that self-blame can trigger or worsen depression. Attribution errors—blaming yourself for the bad things that happen to you—are probably the biggest reason people metabolize failure badly. Attribution has a potent effect on depression—the more you blame yourself for problems, the more depressed you grow. And it's a vicious circle—the more depressed you are, the more you blame yourself. By contrast, children who understand that such negative life circumstances are outside their control are not as vulnerable, notes Stanford psychologist Carol Dweck.

9. Act!

Failure is an opportunity to change course. Seize it.

This article is reprinted from "Psychology Today", May 1, 2009, by Bruce Grierson. www.psychologytoday.com/articles/200905/weathering-the-storm.

Such a Gift!

Such a gift
I received today,
just standing
there in the parking lot—
I mean why
would they fly right
over my head,
five hundred or so
feet up, but still
directly overhead,
if they didn't mean it
personally for me?
Maybe a couple
hundred in all,
a long crooked
constantly shifting
pair of raggedly
converging chains,
following not so much
a leader as a point
of convergence,
one chain nearly
twice as long as the other,
uttering a continuous
purring sound
of many overlapping
softly trilling cries . . .
I watched till they were
too small to see
as individuals, then
as a flock, till
they were nothing more
than the migrating geese
everyone knows about,
till there was nothing left
but the gift
in my empty hands.

- Stephen Wing

YOGA: Under the Bodhi Tree

By Awilda Rivera



Yoga is not just about putting your legs behind your head. The practice of yoga is steeped in ancient philosophies that are supposed to help to inform the intent & focus of the student. In order to completely understand this, one must first accept that the tree of Yoga has 8 limbs, of which Asana is one. The other 7 limbs are equally if not more important than Asana, even though the physical practice seems to get the most attention in the west.

The Trunk of the tree is the Niyamas. The Niyamas provide the yogi a rubric for dealing with herself. The roots of the tree of Yoga are the Yamas. The Yamas give guidance about how to interact with the world around us. This piece aims to focus on the Niyamas.

In this hectic, busy and uncertain world it is becoming clear that the only thing in our control is ourselves. The Niyamas are an ancient yet elegant check list that keep us grounded and focused on being our best selves at all times. These "observances" highlight the 5 areas that ancient yoga philosophers believed were of utmost importance.

The Niyamas are: Saucha (purification), Samtosa (Contentment), Tapas (asceticism), Svadhyaya (Self-Study), Ishvara Prandihana (devotion)

Saucha, often translated as cleanliness, isn't just about keeping your home clean but also the purity of your being. Keeping selves clean refers to the actions required to keep our bodies healthy, so that we have both fully functioning organs and a clear mind. Keeping the body clean has become increasingly easier as general awareness has increased about our food sources and food processing practices. However, keeping the Mind clear has become increasingly more difficult as technology has evolved, resulting in a relentless barrage of cell phone notifications and updates. Humans are so over-stimulated by their technological devices that finding a quiet moment to still the mind and get clear in their mind is incredibly challenging for most.

Samtosa, simply stated means contentment. The idea that one should be satisfied and happy with what they have, in other words loving what is rather than despairing about what could be. "From contentment one gains Supreme Happiness." (Sutra of Patanjali - II.42) Contentment is a real issue in the developed world, especially when folks are focused on trying to catch up with Instagram. Influencers flashing Stacks of cash on the beach and working non-stop towards a goal of either corporate dominance or entrepreneurial stardom. Samtosa is a straight forward yet complex idea that is intended to cover all aspects of your life. In other words, "it is about ourselves – what we have and how we feel about what God has given us." Don't get caught up on the G-word - the point is that if we are able to focus on being appreciative and grateful for what the Universe has provided and what we have done to get to the present moment, then we will be more able to experience joy for what is in each moment.

Tapas, also known as self-discipline, refers predominately to the business of staying physically fit. Cultivating clean

eating habits, healthy breathing patterns, aligned body posture, & moderating our nutrient intake are all apart of Tapas. Fortunately in our body-conscious world this is not such a big ask. However, many still struggle with self-discipline when it comes to follow through. It is one thing to think of a new course of action, it is quite another thing to take a new course of action and see that plan through to completion. However having a healthy self-awareness is essential to keeping one honest. When a person begins to lack self-discipline, she is the only one that knows it and she is the only one that can take the action to regain that discipline. Tapas is ultimately about follow through, commitment & knowing yourself well enough to keep yourself accountable.

Svadhyaya means Self Study. The Sutra's say "From self-study comes communion with one's personal deity." (Sutra II.44) Studying yourself is a necessary pursuit. Knowledge of self comes from the pursuit of mental, physical & spiritual growth. The practice of Yoga promotes that in a multitude of ways; the philosophy of Svadhyaya makes it clear that the purpose of Yoga is to help you turn the mirror on YOURSELF so that you can become deeply connected with your truth – whatever that may be. The bonus is the effect of deep, sincere Self-Study is a more salient connection with the Divine. For some the Divine is represented by a particular Religious figure, for others it is seen in the elegance of science, yet others believe in some greater disembodied energetic force (i.e. The Universe). Regardless of what you believe, digging in deep and daring to study yourself will inevitably open a path for you to feel oneness with forces greater than yourself.

Ishvaraprandihana is a tricky one. While many translate this as "devotion to God" other texts provide us with an explanation that more truly captures the secular yet spiritual nature of Yoga. BKS Iyengar helps us to understand that Devotion and Surrender are at the core of this concept. The idea is to be very intentional with your acts such that you are both comfortably detached from the need to have your behavior reciprocated and are also able to separate yourself from your acts. Growing in your selflessness through your acts allows you to experience your humanity and spiritual oneness. The Devotion and detachment from the reciprocation lead to a complete selfless surrender that ultimately reinforces your Divine Connection.

With a combination of complexity and practical simplicity, the Niyamas offer us an incredible guideline for taking care of not only our physical body, but also our mind and spirit. The Niyamas help us to understand that our actions must be guided by: a deep understanding and commitment to ourselves, a sense of joy in our current circumstance, and an acceptance of our Divine connection. It's almost a cheat sheet to healthy, happy, drama free living!!!

Until Next time.....





Hello Dear Reader...

Often, before God and Man I consider myself a mere creature. Lost as a child and fierce within my own thoughts. Hunting and surrendering to an understanding through remembering my oneness with life. Now I am moving into the experiencing of peace of mind with hope and consistency.

Peace of mind has not always been available to my emotions for me to experience. Our experience daily is being peppered with many opportunities to judge and blame holding a fixed position within our minds. As we are seeing in our outside world with events that are unfolding rapidly, we are at a new point of consciousness. Consciousness can be understood as "the capacity to be self aware, observe and perceive the totality of ones memories, thoughts, beliefs and sensitivities- to respond or react to objective or subjective conditions".

Life draws us forward at what feels like an unbearable volatility until it sets us down upon quiet shores once again. Waves of emotions and long paths of the unknown unfold the god within us, which reveals both our personal and collective heaven and hell. We often must let go of those close to us and find comfort with strangers who become a part of a larger soul family. Our needs, wants and desires are put to the test as we "work out our salvation with fear and trembling"!

The collective memory is looking for a reboot that will take us beyond our current fear-based program, shifting us into higher vibrational awareness beyond suffering. We can feel this like a contraction across our beautiful planet.

As more and more of us wake up to our awakening, we begin to let go of being small in our thinking and feeling and allow ourselves to expand with the tides. Greg Braden among others, teaches that "everything is an illusion". Our Universe is Holographic in its nature and 1000% a part of you and me as well as us and them. An event like the recent eclipse could cause us to pause and feel our moderate yet significant existence. What I experienced that day was just that. A group of people making up a larger community took the moment to be present with others in Awe and Peace, sharing a little appreciation to the tunes of Pink Floyd's "Dark Side of the Moon", on a grassy knoll in the foot hills of Georgia. Hope with consistency!!

Our Still Point for October is to "feel to see", "trust to know". This is the work of the lower two chakras. Red and orange in color, their work yields amazing results when in harmony. Talk about manifesting a new reality!! Get your lower house in order by simple meditations of self appreciation. Look deep and fill yourself with nurture

for all your choosing. Then look to your neighbor with that same deep understanding without judgment. Control and fear will disappoint us every time. Seeing with our hearts open and allowing presence to expand through us is key. Open minds and open hearts is the recipe for receiving new energy reflective of new patterns of thinking and being. Feel to see is trusting your instincts not to harm yourself or another. Remembering you are spiritual in nature as well as human in anatomy and instincts. Allow your spiritual will to overcome any imbalance, distortion or depletion to bring about wellbeing and peace of mind to the forefront of your experience.

*I consider myself before God and Man
A mere creature
a lost child
a wondering dove*

May our experiences be restored as to reflect our Divine Natures once more.

Phoenix Lea
2017



feel to see, trust to know

horoscope

Libra September 23 - October 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

♎ Libra (September 23 - October 22)

Happy Birthday Libra! You'll be a shining star this month, as there will be five planets taking turns in your sign. Conversation and extra charm will be a major part of solidifying your personality. You can use your words and intellectual pursuits to establish yourself and ultimately feel more grounded as an individual. Financial matters will be changing, mostly for the better over the next 12 months. If you have investments or an inheritance in the works be prepared to step up and do what is necessary for the best outcome.

♏ Scorpio (October 23 - November 22)

October is a month of inner spirituality and working through deep emotions. You are in review of the last 11 months and will be releasing and feeling through all you've experienced. It's possible to be extra sensitive at this time, so give yourself plenty of permission to retreat from the public for rest and recovery. A fresh Jupiter cycle begins in your sign on the 10th, signalling a time of new personal growth and positive self-discovery for the next 12 months. It's been 12 years since you've experienced this energy, which will help expand and transform your identity.

♐ Sagittarius (November 23 - December 21)

Your social-consciousness and charitable urges are calling this month. You will be drawn to do something helpful and positive for the world around you. If you work in areas of health or organization, you'll have public opportunities to contribute to everyone's well-being. Speak your mind, but be diplomatic. Your spiritual intuition is on the rise and you may begin to have vivid dreams or be more psychic than usual. Pay attention to recurring symbols, colors or messages and research their personal meaning to your life.

♑ Capricorn (December 22 - January 19)

The energy of Libra can present challenges for the Goat, but can also be exhilarating as it pushes you into the public eye and positions of authority in your career. Optimistic Jupiter begins to aspect you favorably and may start to tear down some of your self-imposed walls. This will only feel painful if you are clinging to old routines and patterns, by releasing them you'll gain greater success and expansion. Reaching out to others and sharing your secrets with trusted friends will lighten your burdens and help you feel more free.

♒ Aquarius (January 20 - February 18)

Relationships, travel and expanding your education or areas of study are the focus for October. It can be a great time to take a trip with friends or a loved one to experience or learn about something new. Greater responsibilities and advancement could be on the horizon in your career. However, if you feel stifled or repressed in your work environment you could be getting ready to make a change by moving towards a job that gives full expression to your unique spirit.

♈ Pisces (February 19 - March 20)

The graceful, Venus-ruled influence of Libra can harmonize well with your love of poetry, art and music. You will feel comfortable swimming in deep mysterious waters this month. Personal discoveries that advance understanding of your psyche and emotional health are possible. Don't be afraid to explore the darker side of yourself through therapy or counseling. Overcoming old hurts or disappointments will help you to emerge stronger and more positive for the future.

♈ Aries (March 21 - April 19)

Relationships are the focus of your October and you will be wise to pay attention to healing any old issues. Your personal health is connected to the health of your relationships and if one is suffering, the other will as well. Your ruling planet Mars shifts into Libra on the 22nd, which requires you to be more diplomatic and balanced in your approach to others. Beware of passive aggressive patterns. If you are angry, find healthy ways to express it rather than repressing those feelings.

♉ Taurus (April 20 - May 20)

You will be in tune with the Venus-energy of Libra this month. Connect more deeply with your friends and clear up anything that is on your mind. Health and personal habits are a strong focus, so get out for some fresh air or get a medical checkup if needed. Taking stock of your everyday routine is helpful to change old patterns that are not uplifting for you. Jupiter will be opening up your relationship house for greater depth and passion in all your partnerships.

♊ Gemini (May 21 - June 21)

The graceful and social qualities of Libra are right in tune with your energy this month. You can enjoy happy times with friends engaged in dazzling conversation. Get extra work done and balance your home environment so you will have time for creative projects later in the month. Avoid being too dramatic in your relationships and instead channel those emotions into something positive like going to the theater, a movie or doing something creative with your partner.

♋ Cancer (June 22 - July 22)

The influence of Libra will require you to respect and work with the balance of power regarding home and family. Making sure everyone is being treated fairly and having their emotional needs met will be a priority. Organize your routine so that you don't end up wasting your physical energy. You are beginning a new year-long phase of great creativity that will allow you to draw from your deep well of feelings and life experience to manifest powerful works of beauty.

♌ Leo (July 23 - August 22)

Your mental energy and style of conversation is bright and charismatic. You'll be able to connect with many people on a variety of subjects and have a great exchange of questions and answers. Get finances and money matters organized in the first half of the month so you can enjoy more playtime afterwards. Home and family issues will be highlighted as any old challenges will begin to surface for emotional healing and psychological breakthroughs.

♍ Virgo (August 23 - September 22)

Your personal charm and magnetism continue to serve you well this month. You'll find it easy to get closer to people you care about and make a favorable impression on new friends. This is the time to balance your resources and get any financial obligations sorted out. This could also signal a time of balancing your basic values. Your mind is shifting towards deep, meaningful subjects and the drive to uncover all the layers of any issue will be strong.

Welcome fellow Stargazers!

The month of October opens with the Sun moving through balanced, graceful Libra. This diplomat of the zodiac is ruled by romantic Venus and symbolized by the scales of justice. Their Air element and Cardinal modality makes them intellectual and suited for roles of leadership. Libra is the sign of partnership, marriage, friends, the law and contractual agreements. They are always seeking ways to create better relationships and will work to bridge differences with others. This sign can suffer from indecision as they will always weigh the pros and cons of any choice before them. Justice and fairness for everyone is a strong desire and they will fight for peace, like famous Libra Gandhi, who used his knowledge of the legal system and a path of non-violence to effect change. A natural counselor, lawyer and artist, Libra is a 'people person' who understands social refinement and the need for harmonious friendships.

We open October with our Full Moon arriving on Thursday 5th at 2:40pm EST. This is the Aries Full Moon of the year and highlights personal identity, self-esteem and the fighting warrior spirit. This is a dynamic, aggressive Moon that pushes us to grow and embrace our life's purpose.

The New Moon cycle follows 2 weeks later on Thursday 19th at 3:12pm EST. The double energy of the Libra Sun and Moon will highlight new growth and forward progress in all our personal relationships and joint agreements. Aim to find the most diplomatic and peaceful solutions for yourself and others.

Jupiter, the planet of good luck and optimism transits into deep, mysterious Scorpio on Tuesday 10th at 9:20am. This transit will be with us until November 9th of 2018. Expect to grow in areas of personal psychology, hidden emotions and secrets that need to be revealed. The open style of Jupiter can pose a challenge to secretive Scorpio and will require an open mind that is willing to learn. Be receptive to therapy, counseling and getting in touch with the darker aspects of your personality to reap the best benefits through this year-long journey.

Stay balanced and enjoy the beautiful month of October!



Kathleen Robinson

Legacy Of The Divine Tarot

October 2017



4 OF COINS (PENTACLES): This card's message is about holding on to something too tightly. It could be your possessions/material wealth, a person in your life, or the present. It is time to let go of whatever is blocking you from experiencing a new perspective and fresh approach. An unwillingness to release and wanting things to stay the same can cause stagnation and blocks. Change is inevitable, and it does no good to hang on to "what is", hoping that the status quo can be maintained. It is time to be a bit more spontaneous and open-hearted, eliminating the need for control.



PAGE OF CUPS: Letting your heart lead the way is the path to follow this month. Don't be afraid to express emotions or to let your feelings show. Be kind to others and to yourself. If you have been beating yourself up and feeling guilty for something that is in the past, forgive yourself and move on. Focus instead on the friends and the partner or companion in your life. And if someone has hurt you, forgive that person too, because anger and resentment are big burdens that you don't need anymore. Brighten someone's day by saying a kind word or doing something nice.



THE HIGH PRIESTESS: The High Priestess reminds us to be a bit more receptive to whatever is going on, without influencing or forcing things to happen in a certain way. Be patient and just see what transpires. Use your intuition and listen to your inner voice, for it is powerful this month. Use it when practicing discernment with information you receive, seeking the unknown or what has been hidden. There are mysteries and knowledge in the world that are just now being revealed, so open your heart and your mind to new possibilities that you may not have thought about before.



7 OF COINS (PENTACLES): Now is a good time to reflect on past actions and perhaps consider changing directions if that is appropriate. Just as the 4 of Coins emphasizes, question your choices and be open to a new strategy if you decide you are not where you want to be. Although it feels

safe to continue on the regular routine, now may be the time to switch gears and start planting seeds for a new future. If on the other hand you are making progress and seeing results, enjoy these rewards and reflect on where you want to go from here.

TRENDS FOR THE MONTH: The big message for this month is to consider if changes need to be made in some area of your life, and if so, don't be afraid to make a move. It is not always easy to let go and do something different. But with all the changes going on around us, it is inevitable that we will need to divert from the way we have always lived our lives. As you go about doing this, be sure to trust your intuition and make decisions from your heart as well as your mind. This includes being open to new information rather than having a closed mind about things that see strange or too "far out" for you to consider. Sweeten your life by being kind and considerate to others and to yourself. Don't hold back from expressing feelings, especially with those you are close to. October can be a time of mystery and change, and also a beautiful time of believing in yourself.

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



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Pumpkin Pleaser

Brenda Cobb

The best of the pumpkin tales is one of Aesop's fables, which tells of a man who lay beneath an oak tree, criticizing the Creator for hanging a tiny acorn on so huge a tree, but an enormous pumpkin on such a slender vine. Then, the story goes, an acorn fell and hit him on the nose. Moral of that story is The Creator Knows Best!

Jack-o'-lanterns are an essential part of October and Halloween. Several Indian tribes carved the pumpkin shells into ritual masks, a practice that continues with pumpkin carving today, but without the religious implications.

Who Jack was is not certain, but an Irish legend has it that there was a man name Jack who, forbidden to enter Heaven because of his stinginess and barred from Hell because of his practical jokes, was condemned to walk the earth with his lantern until Judgment Day.

The pumpkin was a symbol of fruitfulness, rebirth, and health in early China, where it is still called the Emperor of the Garden.

The pumpkin, along with other squashes, is native to the Americas. The first Pilgrims barely survived their first winter in 1620 with the help of the lowly pumpkin; they were familiar with sweet and fragrant melons but had never seen these hardy pumpkin cousins, which the Indians grew as staples between corn and beans. Pumpkins come in a variety of colors ranging from white and peach to even blue and aqua. Deep orange is the color most familiar to Americans.

European pumpkins mature sooner than their American counterparts, but are generally pale yellow in color and the flesh is less firm than the American variety; Russian pumpkins have white flesh and pale green skins. First cultivated by American Indians, who dried and made them into a type of flour, most pumpkins now are used either for the traditional Halloween jack-o'-lantern or for pumpkin pie.

Pumpkins of quality should be heavy for their size and free of blemishes, with a hard rind; the type generally considered best for cooking are the small variety called Sugar Pumpkins.

Nobody can argue the popularity of pumpkin pie or pumpkin bread, pumpkin butter, pumpkin bars, pumpkin latte coffee and pumpkin ice cream! Pumpkins, it seems are everywhere and in all types of recipes. To prepare, scrape out all the interior seeds and membrane, saving the seeds if you plan to eat them later. Peel off the skin with a vegetable peeler or sharp knife. Generally thought of only as a cooked vegetable, pumpkin can be eaten raw and is delicious when very finely grated and served in combination with grated carrots and beets as a base for salads. It can also be baked and boiled like other winter squash, and used in soups, stews, and many baked goods, including cornbread and of course in pies.

In the Caribbean pumpkin is braised into spicy, fragrant stews with chili, legumes, and sometimes meat. The French cook it into soup and serve it within its own tureen-like shell. The early male blossoms can be picked for salads, sautéing, or stuffing.

Pumpkins have several health benefits including being diuretic and laxative. Pumpkin is alkaline and helps the blood to carry nourishment to various parts of the body. Pumpkin destroys intestinal worms, but not as effectively as pumpkin seeds. When you cook pumpkin you convert it from a readily digested sugar to a starchy carbohydrate.

Try eating pumpkin raw with this tasty, delicious salad and enjoy the flavor and the health benefits to boot!

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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Pumpkin Fig Salad

1 cup raw pumpkin
1 cup raw apple
1 cup fresh figs
1 cup raisins
2 cups spinach
1/2 cup medjool dates
1 tsp. fresh ginger
1 tsp. cinnamon
1/2 tsp. Himalayan salt
pinch cayenne pepper
2 Tbs. fresh lemon juice
1/3 cup alkaline water

Combine the pitted dates, ginger, cinnamon, salt, cayenne pepper, lemon juice and water in the Vita-Mix and blend into a creamy dressing. Grate the pumpkin and apple, chop the figs and spinach and combine with the raisins and dressing and toss until well coated.

FORGIVENESS/ Hold On To Your History And You Could Lose Your Destiny

The Intuitive Therapist ... Janis Cohen



Many years of my early 30's were riddled with anger and bitterness. I became imprisoned by my feelings and it made my life miserable. I held onto the pain because I didn't know that there was any other way to live. I wore my pain and anger like a shield and considered it my lifeline; like an oxygen mask that I didn't know how to live without. I used it to protect me from further pain- or so I thought.

Every moment that I leaned into the bitterness, I lost the opportunity to feel something good. I fanned the flames of my pain and let the toxic smoke consume me. I was living in my past and I was suffering every moment.

If you are clinging to past pain, whether it is from a childhood trauma, a betrayal in a relationship or in some other area, I encourage you to keep reading. If you don't, your conscious choice won't only be to feel pain and anger, it will also be to voluntarily give up the happiness and joy that you could feel if you learned how to let the pain go and forgive.

If you are someone who is struggling with pain, anger, and depression from experiences in your life ask yourself, "what is it holding onto the pain costing me in my relationships, with my health, or in my job? What positive experiences are passing me by because I choose to live in the past instead of the present? Who have you become because I am keeping my pain front and center in my life?

When you hold onto your history, you do it at the expense of your destiny.

Recently, I listened to a talk by Pastor T.D. Jakes about forgiveness. Pastor Jakes talks about how focusing on our past prevents us from being in the present and being open to the gifts that Spirit has for us. He also talked about how important forgiveness is when it comes to living a

quality life. He remarked that if we want Spirit to show us mercy and lead us to our destiny then we must practice mercy with ourselves and others first, so that we may receive the mercy and guidance that awaits us.

For so many, the idea of forgiveness is riddled with internal conflict and means that they must give a hall pass to those who have inflicted pain on them. That couldn't be further from the truth. Letting pain go and forgiving isn't about letting the perpetrator get away with what they did. It's about you giving yourself the gift of peace of mind by releasing the pain that you carry.

Unforgiveness is toxic and terrible and affects every aspect of your life. It will eat you alive from the inside out. It's as if every time you relive the pain you are punching yourself in the face and gut over and over and over again. You are the one that suffers.

Nothing good comes out of unforgiveness. The shield you believe you are putting up does nothing to deter further pain. What it does is holds you hostage in your own emotional prison and prevents you from creating a life that is essentially pain-free.

We are all made in the image of Spirit. I believe that Spirit wants us to be happy and feel love for ourselves and others and show mercy for those who bring pain to us. We are not meant to hurt, suffer and be angry. We are meant to learn from everything in our lives and use those experiences- especially the painful ones- to propel us to be the greatest version of ourselves.

Maybe you were raised in an environment where unforgiveness didn't exist. You essentially learned how to hold onto anger and bitterness. Here's a secret: if you can learn something, you can unlearn it, by living differently and choosing differently.

While we may feel unprepared to handle pain in our lives that doesn't mean that we can't formulate a plan for the future. The plan is that you learn to relate to differently to your past and change your limiting beliefs to empowered ones.

When you have a new mind and new beliefs about who you are because of and in spite of your past, you become a new and different person. You take your power back and you can consciously choose to live differently and break past patterns of behavior.

Unforgiveness does not prevent you from future hurts. It robs of future possibilities. It limits you, dwarfs you and holds you back because you are living in the past and missing out on the present.

No one will ever be able to experience the fullness of you if you are immersed in your pain. You are holding yourself back over what happened in your past and you are preventing yourself from showing up fully to yourself and to others. You are not functioning at full capacity because you have not let go of who you were. And, if you cannot let go of who you were, you can't embrace who you are now and who you could be in the future.



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

It's not unusual to feel disgruntled about the people in your life. Perhaps your boss is ignoring your hard work, and favoring your less productive peers. Maybe you have a friend who takes too much without ever giving back. It may be that your significant other doesn't do enough around the house. Every day, we, as humans, judge the people around us regardless of how much we love them. We even pass judgement on complete strangers, taking a glance at them and gathering our assumptions about their life or their personality.

Our culture has ingrained this habit into us, to make these assumptions - after all, it helps us carefully curate our relationships and friendships. However, this becomes dangerous when those judgements interfere with our happiness.

When we begin to take issue with the behavior of the people closest to us, the tendency is to bottle those emotions up. The problems may begin easily solvable, if only the person creating them were aware in the first place. Since we often care about the person, we opt to not hurt their feelings and choose to stay silent. As those emotions stew inside us, they feel more and more personal. A list of issues stacks up, and every day we are closer to exploding. The pressure that builds inside makes a productive relationship difficult, or to even live happily, as the problem is often at the forefront of our mind.

Perhaps you rehearse what you'll say when you finally explode. It's what you think must be a perfectly crafted argument, albeit packed with insults and pointed, jabbing questions that threaten to tear the relationship apart. You vent

to your friends about the problem, which gets the words off your chest but does not make you feel better or resolve the issue. Maybe you resign to keep it bottled up forever - which is not a logical nor healthy decision, and will result in a worse emotional upset when things finally go wrong.

When these emotions have been boarded up in your heart for so long, the best thing is not to incite an argument. In-

stead, choose to let it go. Meditate on the issues at hand, all of the negative emotions you've been keeping inside, and decide that they are insignificant in the face of your happiness and relationships. Imagine them floating away, leaving you feeling lighter.

For those who are less meditation-inclined, jot down your feelings on a page of paper. Write a letter to the person you are upset with. Imagine all of your hostility and anger flooding into this letter as you write, taking as much time and as many pages as you need. Use red ink, if you feel it helps better symbolize your

emotions. When you are finished, destroy the letter - burn it (in a safe location), tear it to shreds, or flush it down the toilet or garbage disposal.

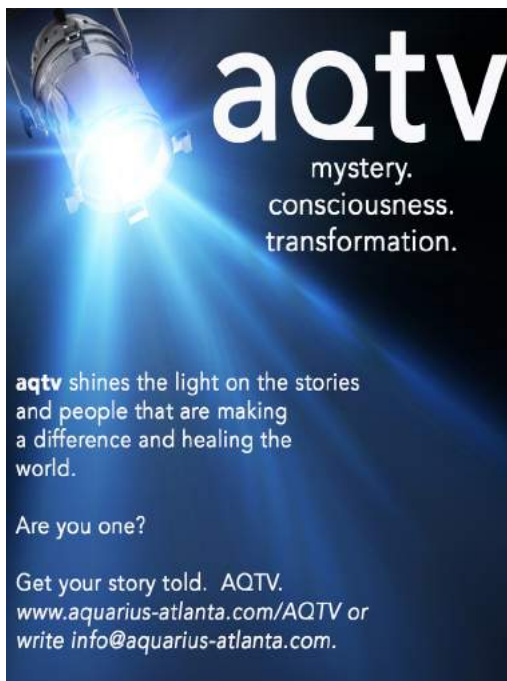
Once you decide to let go of that internal monster of negative feelings, you have given yourself the ability to resolve the situation in calm manner. Treat the situation as if it is the first time you have encountered the problem.

Let's take an example from earlier: your significant other is not doing enough around the house. Express yourself to them. Perhaps you'll say, "I've noticed there is a lot of dirty laundry in the basket. I'm very busy, and I don't always have the time or energy I'd like to commit to doing the laundry. Would you mind taking on a couple of loads while you're at home? I'd really appreciate it." This type of interaction opens a dialogue, does not accuse your significant other of being lazy, unappreciative, or anything else that would incite an argument that could unintentionally tear your relationship apart.

When you stop allowing other people to get in the way of your happiness and productivity, you gain more control over your life. Focus on letting go of the things you find to be upsetting about the people closest to you. When you have removed the external obstacles from your life, you are left with the ability to begin working on the internal obstacles, leaving a clearer path toward your goals and happiness.

Kaitlyn Radel is an intern working with United Intentions Foundation.





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We are looking for an energetic, dynamic professional with a passion for customer service to join our growing company as a Call Center Sales Representative. This position involves: one-on-one phone time with our customer stores, actively selling, keeping them informed about new and relevant products and taking their orders. Applicants must have some knowledge of the materials we sell and an interest in learning more.

To apply, please send a short statement telling us why you would like the job and your resume to: applications@newleaf-dist.com

SKILL SET

- Knowledge of an interest in material we sell
- Ability to soft sell
- Excellent interpersonal skills
- Excellent written & verbal skills
- Strong organizational skills
- Initiative
- Self motivated
- Ability to work under pressure
- Clear and pleasant speaking voice
- Ability to multi-task

COMPUTER SKILLS

- Microsoft Office – Word, Excel, Outlook
- Must type 40 WPM and score 90% or better on a reading comprehension/typing/spelling test.
- Able to achieve a working knowledge of order entry software within one week

EDUCATION/EXPERIENCE

Required

- College or business school
- 2 years customer service or call center experience
- Working knowledge of BMS products

Preferred

- College degree

ABOUT OUR COMPANY

We specialize in distributing spiritual, metaphysical and Conscious Living books, recordings and sidelines. Our company mission is to assist in raising the consciousness of humankind.



The NAMASTE Conspiracy

www.thenamasteconspiracy.com

AQ Divine Feminine

Awakening The Goddess

What does it feel like when your internal intuition is going haywire? It's like a tornado or storm turning and twisting inside your gut. It's a place of both darkness and light and it's scary as hell. One day seems bright and clear and crisp and on other days you're feeling down, dark, depressed. Is this what happens when we're going through an awakening or shift in our consciousness? Is this really the portal in which they call the Lions gate?

I have felt twisting and turning in my soul, the tornado the silent hurricane, feeling that turmoil boiling with in my blood. I sit and wait breathing through every emotion, through the light, through the dark, through the turmoil. It's not easy being so connected to Mother Nature, our weather and a higher consciousness. It has its days when I wish that it would all go away.

There are days that I wish that I didn't foresee things that happen in my life or in the lives of others. Then there are

days that I am grateful for all the knowledge and the connection that I have. It's like walking a fine line daily between the veils wondering what should be done next. Riding the waves of all of the shifts and changes that we see in each cycle of our life can be tumultuous. As a goddess and

woman we generally know how to ride waves of change in our 28 day Moon cycles. It's like riding the great dragon! We've learned how to master that, so how do we master major life changes? Like the birth, death, birth cycle we go through changes and we learn how to master each one. No two are the same; it's different every time we travel through the spiral of life, each time finding strength within ourselves that we didn't know that we had before.

We are re-memembering how to flow with the cycles of our lives, rebuilding ourselves anew each time. It's natural; it mimics the beautiful flow of nature, winter, spring, summer, fall and returning once again to winter. It's really quite exquisite how nature teaches us how to move through life! When we feel deeply stressed or when we want to place to relax most of us either head to the ocean or to the forest. We go to the forest for grounding, the ocean for cleansing, both a place for deep relaxation and introspection. Recently experiencing great loss



By Crystal Starshine

in my life I have been questioning how important it is to be this connected. It's the days that you're wondering if you would've done something different if you would've made the last phone call, if you could've done something better that really causes thanks, anxiety and pain.

So at this point are you living in the past or the present? Feeling every emotion, every heartache, every feeling yet not being able to move forward. Or is this just the way that our subconscious deals with tragedy and loss. I also find it quite noteworthy that it is the time



of the year when we shed our leaves, when we let go, when we go into the underworld, into the dark part of the year for rebirth in the spring. I find it motivating how my life is constantly flowing with nature and its earthly cycles.

Today as I'm writing this article we are experiencing hurri-

cane Irma and like whether this can mimic our life cycles. This weather pattern comes in to shake things up, destroy things, so that we can rebuild and come together as a community to help others. Even in today's society we are battling with coming together as Community. We still fight amongst each other here in the United States and with other countries because we can't seem to agree on certain matters. Do we really have to agree with everything that is happening in each others lives? Are we really ever going to live in peace and harmony with each other? These are all things that crossed my mind in these times of destruction, loss, anxiety, depression, and of darkness. The greatest part is that I know that there is light in the darkest of nights. If you happen to be going through a dark time in your life and experiencing depression anxiety from loss or anything else that may bring here are some things that I do to feel better:

the alchemy of sustainable success
Stop Sabotaging and Start Succeeding



the alchemy of sustainable success

stop sabotaging and start succeeding

Alchemical Hypnotherapy is simple, fast and lasting.

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becky arrington

alchemical hypnotherapist
life altering coach

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becky@arringtonassoc.com
www.arringtonassoc.com

760 old roswell road, #208 roswell, georgia 30076

Tip number one: Change something in your surroundings. Move furniture, paint a wall, just add a new aesthetic to your life.

Tip number two: Spend lots of time in nature. Watch and connect with the cycles of the moon and the seasons.

Tip number three: Do something nice for yourself. Take yourself to lunch or get yourself a beautiful bouquet of flowers.

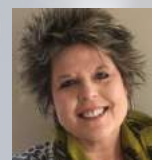
Tip number four: Get as many hugs as you can it's important to feel loved, so call that friend or loved one who's a good hugger.

Tip number five: If it gets too bad, seek professional help. Don't be ashamed of having to ask for help. Sometimes the best thing you can do for yourself is talk to somebody that is not involved.

Tip number six: Do not lose yourself in drugs and alcohol. It doesn't make things better, it's a way to escape instead of feeling and healing through the issues.

Tip number seven: Stay ever present, grounded and connected.

May your journey be as beautiful as you!



INSPIRATION Into Action

Bright ideas can come and go, leaving wisps of genius floating around in the atmosphere. Many of us quickly dismiss creative epiphanies as pointless or become overwhelmed at the process needed to bring to fruition. We often don't want to take the risk of failure or ridicule if something doesn't work out. But what happens if you act on one of those sparks of brilliance?

Everything is speeding up and the distance between thought and occurrence has shortened with the shift in consciousness. The old paradigm of struggle and difficulty do not have to apply if you begin to adapt a new attitude towards creating, but you do have to work smart. Here are a few suggestions.

1. REALITY CHECK

Once the excitement and smoke has cleared from your amazing concept, pause. Understanding the value of the concept helps, because you need to comprehend how important the problem is you are attempting to solve. Another way to look at it is how much pain does it cause? Then use a 1-10 rating applied to the likelihood the project can be achieved and what is the price if it isn't? Is failure an option?

2. GATHER YOUR RESOURCES

Taking on a new project requires a great deal more than just money. Check available resources at your disposal before taking on a new assignment. Assess what it will take to complete and are those resources readily available? Resources include not only dollars but can involve people. Are the right people in place and if not, can we get them quickly enough to complete the project?

3. DEFINE GOALS.

A new idea won't amount to much if you don't know how you want to implement it into your company's current structure. Understand and be able to articulate "WHY" you are doing it to yourself,



your team or anyone who asks. The WHY fuels the passion and drive behind the huge efforts it often takes to accomplish great things.

4. MEASURE SUCCESS IN SMALL STEPS

Goals are only part of the process and by themselves can lead to fast failure. The number one reason people give up so fast is because they get overwhelmed and look at how far they have to go instead of how far they have come. That is why recognizing small wins along the way will ensure you and your team will keep up the energy and momentum to see the project through to the end.

5. PICK YOUR DREAM TEAM

Spare no expense (time or money) getting the right folks at the table. Select people who not only have the perfect background and talents, but also have the right mindset. If the project requires innovation, taking risks and thinking outside the box, ensure that team members are aligned in spirit as well as skill.

6. COLLABORATE

When someone comes up with a great idea, he or she may become overly enthusiastic. The process of collaboration helps new ideas emerge along new pathways and options, creating lots of energy and enthusiasm for the project.

Leaders who maintain a team spirit role allows them the opportunity to take in ideas and remain flexible to change and development throughout the process.

7. BE TRANSPARENT

Leaders driving a new project will often keep it a secret until they think it is ready to be showcased. However, this may actually hinder the process more than help it. Let others outside the team know what you are up to and actively seek their opinions, which may help you improve the idea. Constantly test your theory and assumptions with that feedback.

8. PICK YOUR BATTLES

Flow is essential in being successful. Don't get too focused or stuck on the small stuff and lost sight of the bigger goals. Constantly check in and ask yourself, what's the goal and is this going to hinder or help us achieve that?

9. PATIENCE IS A VIRTUE

The hardest part of turning a great idea into reality is the "into reality" part. It doesn't happen overnight and will likely take longer than originally hoped or anticipated. Unfortunately, many get discouraged and abandon hope just before SUCCESS.

True success can occur when you act on the idea, follow the steps suggested and trust in the outcome. It may not go exactly as planned, but if you stay true to your vision and weather the challenges along the way, positive results are guaranteed!

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

swaha

Productions

presents

Chanting is a significant and mysterious practice. It is the highest nectar, a tonic that fully nourishes our inner being. Chanting opens the heart and makes love flow within us. It releases such intoxicating inner bliss and enthusiastic splendor, that simply through the nectar it generates, we can enter the abode of the Self.

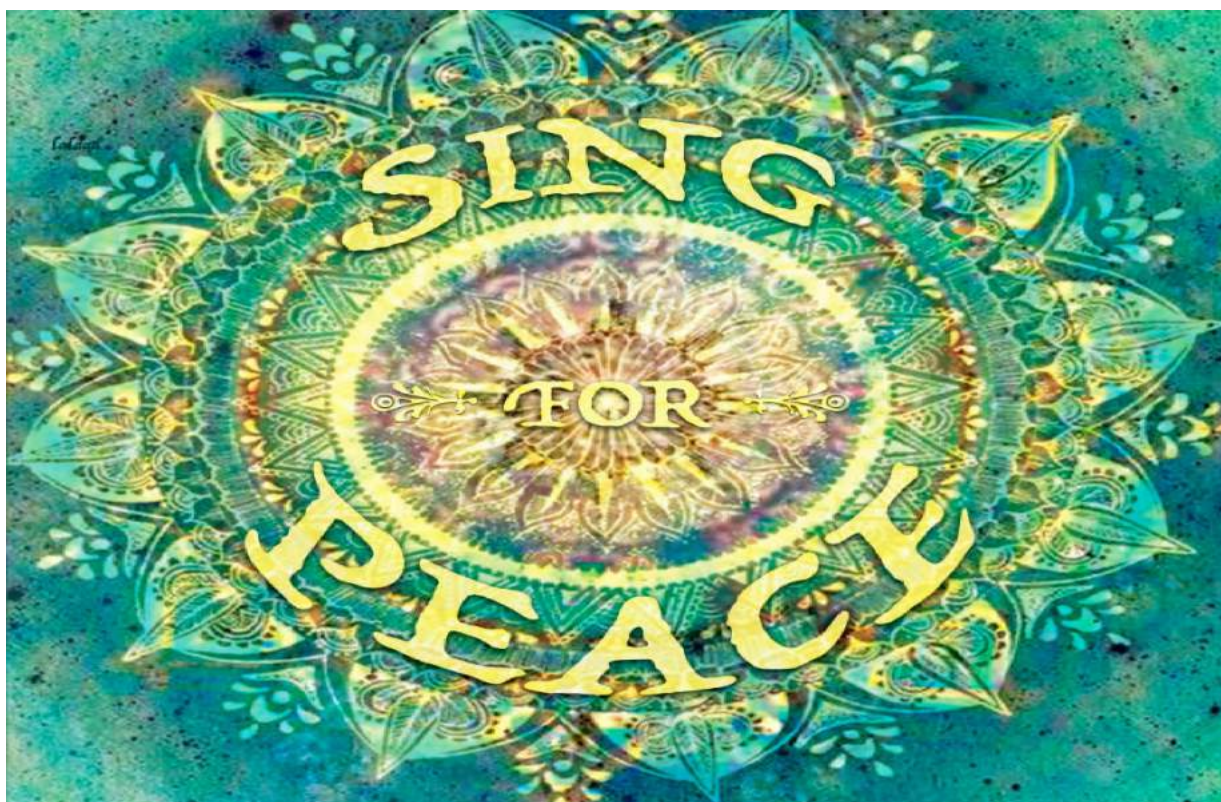
— Swami Muktananda



KIRTAN
YOGA
MANTRA
CHANTING
TOURING
FESTIVALS

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

-Ammachi



W/PHIL MCWILLIAMS
AND BHAKTA

SATURDAY
OCTOBER 28, 2017
7PM
FIRST EXISTENTIALIST CHURCH

MODALITIES

MANTRA

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

Mantra can be generally defined as a word or sound repeated in one's mind or spoken aloud. By this definition, it can be said that all sentient beings practice the use of mantra on a regular basis. The essence of the human mind is experienced in the form of the thoughts we think. The origins of the word can be broken down to -man, meaning thought, and -tra, meaning instrument, pattern, or wave. A common topic related to this new age we have embarked upon is the quality and content of our thoughts. We have been exposed to the powers of positive thinking, the secrets of manifestation, and the possibility that our entire reality is the direct result of our thoughts.

Mantra carries a much deeper but very relatable meaning to those engaged in its use as a spiritual practice. Most known spiritual paths utilize some form of mantra for a variety of reasons but the most notable result of mantra in all paths is the cessation of the regular patterns of thought which occur throughout our daily lives. Mantra is commonly used as a way to set intention, particularly in western interpretations of the practice. Manifesting our intentions is much easier when the mind is cleared of its basic patterns through the use of mantra.

Mantra as a spiritual practice is most commonly associated with Hindu and Buddhist traditions and maintained in the original Sanskrit form. Interpretations vary and the strictness of pronunciation and metre of a mantra can be considered of utmost importance or simply a matter of intention depending upon the practitioner. Some of the original manuscripts of mantras found in the Rig Veda are considered to be the

oldest religious texts in continuous use. The academic and religious pursuit of the understanding and interpretation of these ancient texts span lifetimes and centuries. As westerners, our understanding may fall far from the original intention, but our lives can still be enriched by the graces that flow from these ancient traditions.

Changing one's thought patterns or habits which stem from thought is a common pursuit of most people. An important question to ask yourself is what is your mantra, and what can you do to change it? Some of us are unaware of the mantras we are repeating to ourselves, but every moment is a chance to change our personal mantras, or thought patterns. Using mantra as a form of meditation is a simple way to quiet the mind so that our true nature may emerge from the peace and stillness brought on by the conscious use of mantra repetition. One aspect of kirtan is the repetition of a mantra set to a melody and rhythm. Many prefer to use mala beads in recitation of a mantra to achieve the auspicious number of 108 repetitions of a chosen mantra. Mantra is one of the many ways we can quiet the mind and lift ourselves out of the persistent distractions of the modern world. In the new age of Aquarius, our path is found from looking within and finding that pause which allows us to hear the true voice of our hearts. In the hopes that we all may hear and listen, Lokah Samastah Sukhino Bhavantu. May all beings in the entire Universe be happy and free.

Namaste,
Nathanael Ivey

KIRTAN EVENTS IN OCTOBER



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



Flavia Krishna and Gershone
Saturday, October 6
Decatur Healing Arts



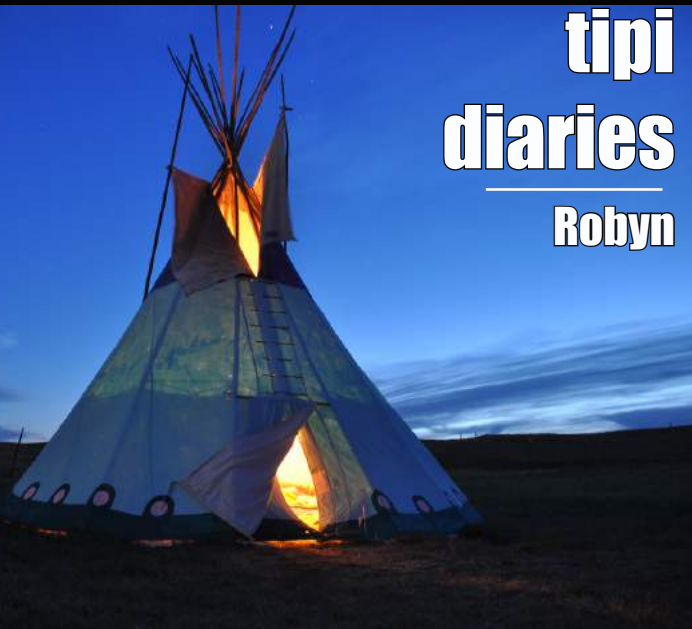
"SING FOR PEACE" w/Phil McWilliams
Saturday, October 28, 7pm
First Existentialist Congregation



Blue Spirit Wheel
November 4
Johns Creek Yoga

tipi diaries

Robyn



In the right environment, anything...living organisms...energy... thoughts...can grow, flourish, thrive.

Love will flourish, thrive, and grow given the environment to do so, but so will fear. Fear is the window for darkness to sneak in. Love is the door to let in more light.

We can be in the dark with love or in the light with love. The only thing that exists in both these spaces, these energies that inform each other, is Love.

It is the external darkness that helps us find and remember our inner fire/light.

It is our own internal darkness that reminds us who we are and asks us to not take the light for granted. Our own light or anyone else's.

You want to understand your darkness, the darkness. Not invite it in or engage with it, or ignore it. Just understand it.

Understand and learn how it works - its function.

What if every person we encounter is here to help us learn something? Every hurt caused by another would look different.

What if every experience was designed to teach you something? Teach us something. If it is not learned then it's experienced another way, until it is.

It is always and only about connection, to each other, ourselves, and the Universe around us...remembering we are all connected.

The more connected you are to your own inner Fire - With Your Heart - the more you are in your power.

Sometimes this effects how other people perceive you. This is not a reflection of you. Some people are simply afraid of your power. They are afraid of fire. They are afraid of love.

They avoid getting burned. They avoid getting hurt. They fuel their inner fire with fear instead of love.

Help them.

If you believe you are a reflection of yourself, be kind.

If you believe you are a reflection of those around you, be kind.

If you believe in One God, be kind.

If you believe in a merciless God, be kind.

If you believe in a forgiving God, be kind.

If you believe in many Gods, Goddesses, or none, be kind.

If you believe the tree's and stars are you, be kind.

It does not matter what you believe, just be kind.

We are all one energy, whether we choose to dwell in the dark or in the light. We are still in the one energy of love.

Treat yourself with love and kindness.

Treat each each other with love and kindness.

Sometimes the fuel for your inner fire requires your participation to ignite.

You can fuel your inner fire with love or you can fuel it with fear. You have a choice.

Sincerely and with Love,
Your Heart.





Being Authentic

Patty Paul

Instead of trying to fill others' expectations of what you should do and be, simply being your authentic self sounds so liberating doesn't it? Authenticity is definitely a popular topic in the self-improvement field.

Just Google "being authentic" and up come pages and pages of how-to sources...from "Psychology Today," to Zen, to the CEO of Arby's.

As I relate my own story, perhaps you'll get a glimpse of yourself or someone you know. Once a world class people-pleaser who performed whatever role I thought was needed to be accepted, to be loved...or, alas, to get a man...I'm finding my way to being more of my truer self in more areas of my life. But it has taken a long while. Since childhood in fact.

My little German grandma was my sole caregiver until I was four years old. She was loving and affectionate but she had very strong beliefs about right and wrong. I heard this often: "If a thing is worth doing at all, it is worth doing right." Translation: "You must do everything perfectly." "Got it!"...said my subconscious, and another faulty belief was dropped into that storehouse of self-limitations.

(It's helpful to understand that the subconscious self is the receptacle of beliefs, attitudes and other data input throughout one's current lifetime. Beyond the subconscious lies a deep ocean of ever-expanding unconsciousness; the boundless and accessible reservoir of everything known and unknown.) Being perfect and doing perfectly...always impossible...is a performance issue that still comes up for me now and then. Once I recognize that that inner aspect of me is "on stage" I can consciously re-integrate it and then bring forth my truer self. With practice, it becomes an easy process. The sticky part is first recognizing which aspect of multi-faceted me is acting out.

At Grannies' when I didn't cooperate, my angry and frustrated Grandma would say: "Patty Sue, don't be so contrary!" What I let in was: "I am not loveable when I say No or when I show my anger. It's not safe to be myself." (More crippling beliefs for my subconscious self.) So I learned to automatically suppress my desires in favor of others' wishes and shove deep inside my anger for having to do that. For many years, people mainly thought of me as being "so sweet." Neither they, nor I, knew of the snowballing anger I was harboring. Grandma's beliefs and attitudes became my own and they were stored deep in my subconscious, to draw upon and live my life by. They helped form how I perceived myself and what I must do and be in the world in order to survive. Patty the Performer was born.

Beliefs I adopted about how to survive as a female, and how a female is valued, first came from my mother after I moved into her and her new husband's house in Burbank when I was four. It was all about being attractive to men.

In the 1920s, my mother had moved from Missouri to Southern California to get into the movies. Silent movies, that is. Photos she kept in a cardboard box included one of her in a lineup of plump, satin-sashed bathing beauties doing a left leg kick...Rockettes style...taken at Venice beach. That photo box also held numerous copies of a headshot taken by a professional photographer she'd hired.

As it turned out, my Mom's claim to fame from this period...which she related many times...was once having been an extra in a Douglas Fairbanks movie and a few dates with Grant Cooper, a prominent L.A. trial lawyer and man about town. She also knew a casting director at Warner Brother's studio in Burbank. She took me to meet him soon after my arrival in Burbank. That was a traumatic experience that I vividly recall.

Shirley Temple was 12 years old at the time and Hollywood was looking for a new child star. My mother was hoping little curly-haired me would fill the bill. The problem was that I was so uncomfortable and shy I couldn't speak when that casting director asked me questions. I just squirmed on his leather couch. But when he asked if I wanted to be in the movies I shook my head and said "Uh-uh," and that was that.

My mother's unspoken message was: "Your value as a girl, woman, and female depends upon your looks and youth." Those twisted and life-changing beliefs joined the others in my subconscious that informed my life and reality.

First from my mother and then from my peers, came messages that grew louder as I eased out of my teens in the 1950s: You must get a boyfriend...husband, man...to prove you are loveable and to take care of you financially, emotionally and physically. That means you need to be attractive and sexy enough to get his attention and then be what he wants you to be until he marries you. Then, to keep him, you must perform wifely duties by having his kids, being his housekeeper/substitute-mother and fulfilling his other needs.

In return, he will perform his head-of-the-house duties as provider and protector - hopefully for the rest of your life. That was the idealistic expectation. The reality was usually quite different.

Religions, advertising and the media supported those commonly held beliefs that

defined women's and men's roles back in those days. They still do today and some people still abide by them. It is simply a personal choice to do so, neither right nor wrong. But I'm happy to say that I've made new choices and I've incorporated new beliefs and attitudes, thoughts and feelings that allow me more freedom to be myself.

More and more over the years I've been focusing on being present as my truer self, the more authentic and more enlightened version of myself. Now I set my own boundaries based upon what enhances my life with more fun, comfort, ease and beauty...and fewer duties and obligations.

This ongoing process of authenticity has evolved lately to a newer version which is short and to the point: Show up. Shut up. Receive. Celebrate.

Here's what that means to me:

SHOW UP: Be present in the moment by paying attention to my thoughts and feelings as they arise.

SHUT UP: Silencing the inner voices of the judge, critic, blamer, victim, and other aspects of myself. Silencing the stories and explanations I tell myself about what happened, or what might happen. Silencing the "conversations" in my head; the conversations I had with someone, or the imagined ones I might have. Also inhaling and saying the words "personal peace" helps me feel it in that moment.

RECEIVE: Sensing myself in the "between" and opening to receiving from the multidimensional realms of the always accessible unconscious self. Then being receptive and trusting that what I want and need to know will flow to my conscious self.

CELEBRATE: I celebrate "All That Is"... including the spiritual being I am as an inseparable part of the divine whole...with joy and love and gratitude and freedom. My personal celebration is a joyful honoring of God/Goddess/All-That-Is.

As I repeat this process throughout the day, its positive impact is profound. Being present and authentic, I can consciously create the reality I want.

© 2017 by Patty Paul. All rights reserved. Patty Paul is the author of *A New Spirituality: Beyond Religion*, and host of *Living Wisdom* with Patty Paul videos on YouTube. For more info: www.23brightfuture.wix.com/patty-paul



Unique Voices

Wanted: The Perfect Rationalization

Philosopher Seeks Plausible Excuse for Planetary Waste and Destruction

"Evolution isn't mandatory, nor is it inevitable. There's always the option of extinction."

-- The New, Improved Law of Evolution

Can anybody out there help the morally handicapped?

Ever since I flunked Basic Rationalization and had to drop my philosophy major, this embarrassing disability has cruelly barred me from the lifestyle of total personal convenience that is every American's birthright. I envy people who can casually condemn an empty can or used envelope to eternity in a landfill without a twinge. As hard as I try, I can't come up with a single sophisticated reason for not recycling them -- if I can't actually re-use them.

My holistic therapist, Dr. Itzal Goode, believes it's a self-esteem issue: I just don't feel worthy of indulging myself at the expense of future generations of wide-eyed children and cute fuzzy animals. But my psychoanalyst, Dr. Effet Feelgood, says I simply suffer from pre-emptive guilt, probably caused by an irony deficiency.

My spiritual guide, Swami Mustabin Mentabi, recommends that I work on mastering moral detachment. But my pastor, Rev. O'Reginald Zinn, attributes my ethical challenges to the sin of Pride: I can't stand to be less ecologically correct than a bureaucratic institution like the City of Atlanta with its curbside recycling program.

Professor Haddit Cumming, an expert on The Law of Attraction at Harvard Law School, states that people living in poverty are responsible for attracting their underprivileged lifestyle, which has irresistibly attracted strip mines and oil refineries and landfills and trash incinerators to their neighborhoods, which in turn attracts higher rates of cancer and birth defects.

But I can't help visualizing how each aluminum can or plastic bottle I hold in my

hand connects me to those toxic mines and factories. I can't bear to make an unnecessary contribution to those chemical-leaching landfills. And the clearcut forest I once saw haunts me whenever I even think about throwing away paper.

Of course, solid waste concerns are environmentally passé. The eco-chic are now into conserving energy instead because of the melting icecaps and extreme weather caused by burning fossil fuels. Perhaps they're unaware that recycled materials save huge amounts of energy in manufacturing.

But even the climate crisis doesn't affect me directly here in the Eternal Present -- the only moment there is -- as I hesitate with my hand extended toward the nearest handy trash can. Why can't I just let go?

I'm hoping someone out there can help. Please write to share your favorite justification for tossing recyclables into the trash. Here are a few losers I've already tried:

1. It's only one little paperclip in a giant mountain of garbage . . .
2. I'm only one person on a crowded planet. My personal impact can't possibly matter.
3. It's a relatively minor planet anyway
4. It only takes a second, if I stay focused on a sufficiently grand distraction, like last night's game . . . On to the next distraction!
5. Okay, just this once. (This actually worked -- but only once.)
6. My time is too valuable to make a moral issue out of trash.
7. I'll get around to it when I get a chance to study the issues.
8. The environment is not my issue.
9. I'm not an activist. I have complete

faith in the activists of the world to pick up my slack.

10. Other people's cancers, birth defects, droughts and floods are not my problem. Want to hear about my problems?

11. It isn't cool to care. What if someone sees me acting like some naive idealist?

12. Self-indulgence is a way of life I am committed to. It's an integrity thing.

13. My habits are part of my identity. Next you'll want me to give up smoking!

14. Surely such an exceptional person as myself can be an exception to the mere laws of nature?

15. Recycling at home is a personal choice. But here at work, we need to cut costs.

16. The government will take care of the environment. That's why we pay taxes.

17. Recycling is not enough to fix the world. So why bother?

18. The Space People (the Apocalypse, the Revolution, the Collapse of Civilization) will be here soon to solve all our problems.

19. It's too late. The world is doomed. Let's party!

Somewhere out there, shimmering like the Holy Grail against the ozone haze, the perfect rationalization awaits. Won't someone please let me in on the secret?

*Stephen Wing is the author of the eco-comic novel *Free Ralph! An Evolutionary Fable*, two books of poetry and over a dozen chapbooks, including the *Earth Poetry* series. He is a board member at the Lake Claire Community Land Trust and Nuclear Watch South and creator of the *Gaia-Love Graffiti* bumper sticker collection. He works in Sevananda's Produce dept. For more of his writings, visit www.StephenWing.com.*



Crystal Etiquette

Gabriel Nelson Sears

Who doesn't like a shiny object? Many of us are drawn to sparkly things including crystals. Some people wear crystals for their beauty while others wear them for their vibrational frequency and metaphysical properties. Real or imagined, crystals can and do raise a person's intention and are useful in spiritual practices. A black tourmaline can remind the wearer of the need to remain grounded. This in turn heightens the awareness and creates a mindful state for the person holding that intent as they go about their day.

Many people who wear crystals for their vibrational frequency cleanse the crystals and set intents to activate and entrain with their vibrations. Some wear them for protection or as a talisman. Therefore it is respectful to refrain from touching someone else's crystals, or if you are drawn to do so, to ask for permission first.

There are other reasons to keep your hands to yourself. Crystals are worn on the body. When you reach out to touch a crystal on someone's heart or throat, you are energetically entering their Chakras and grabbing them by the heart and throat. Those sensitive to energy experience this as a physical violation.

Animals show dominance by marking their territory. People drawn to touching other people's crystals are unconsciously doing the same. They are asserting their dominance with no awareness of the impact. That is why it is okay to say, "No", or to place your hand over your crystal to protect it. People who unknowingly violate boundaries won't know they are doing so unless you say something.

And if you are told no, graciously accept without question. Simply say, "Thank you for letting me know," and leave it at that. Profusely apologizing or telling them how awful you feel obligates the other person to make you feel better when you were the one potentially violating their space. No means no. There are other reasons to avoid touching crystals on people. Some people have been physically assaulted, may be uncomfortable with personal touch or have Post Traumatic Stress Syndrome. Do not assume it is okay to reach into someone's personal space without first asking.

Those of us who work with energy and intuition are frequently in heightened states of awareness and openness. In the same way one would never think of grabbing the mala of the Dalai Lama (or one would hope not), do not reach out to touch crystals worn by those who practice energy channeling or other intuitive practices. It can be perceived as disrespectful and a violation.

Here are a few tips for crystal wearers when that hand reaches out for your crystal. Assume best intentions and affirm that people are drawn to the positive energy in your crystal. This lessens the sting and helps keep one heart-centered during the exchange. Know that there is a child in all of us who is drawn to shiny objects and acknowledge that person's inner child reaching out to you. Again this activates the heart which is a stronger vibration than fear or anger. And finally, do not feel guilty for protecting your crystal or your personal space. It is okay to say no with conviction and love.



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

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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.



for more information, please visit

www.mantrachant.com

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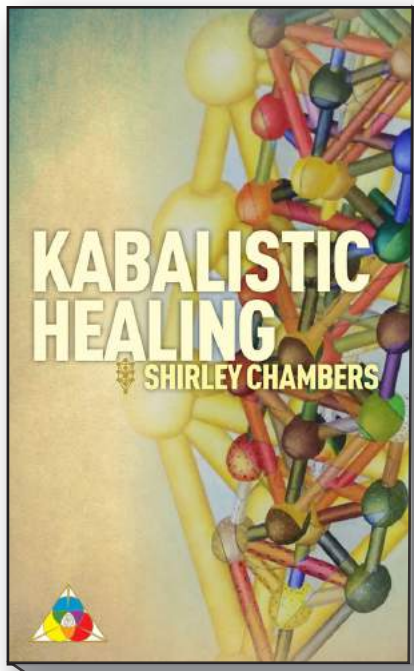
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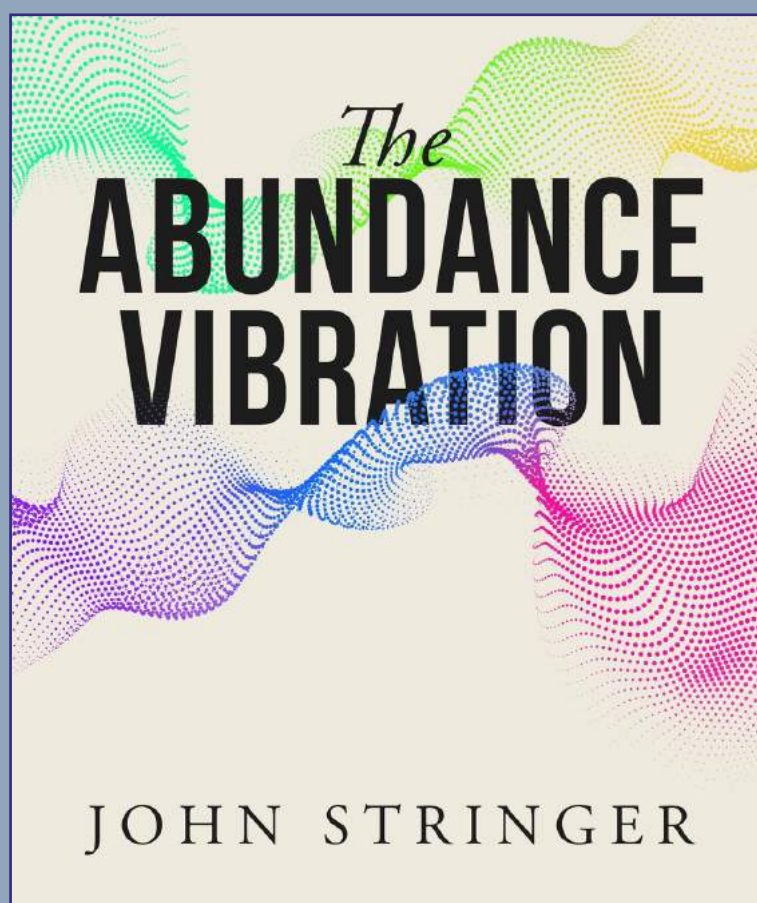
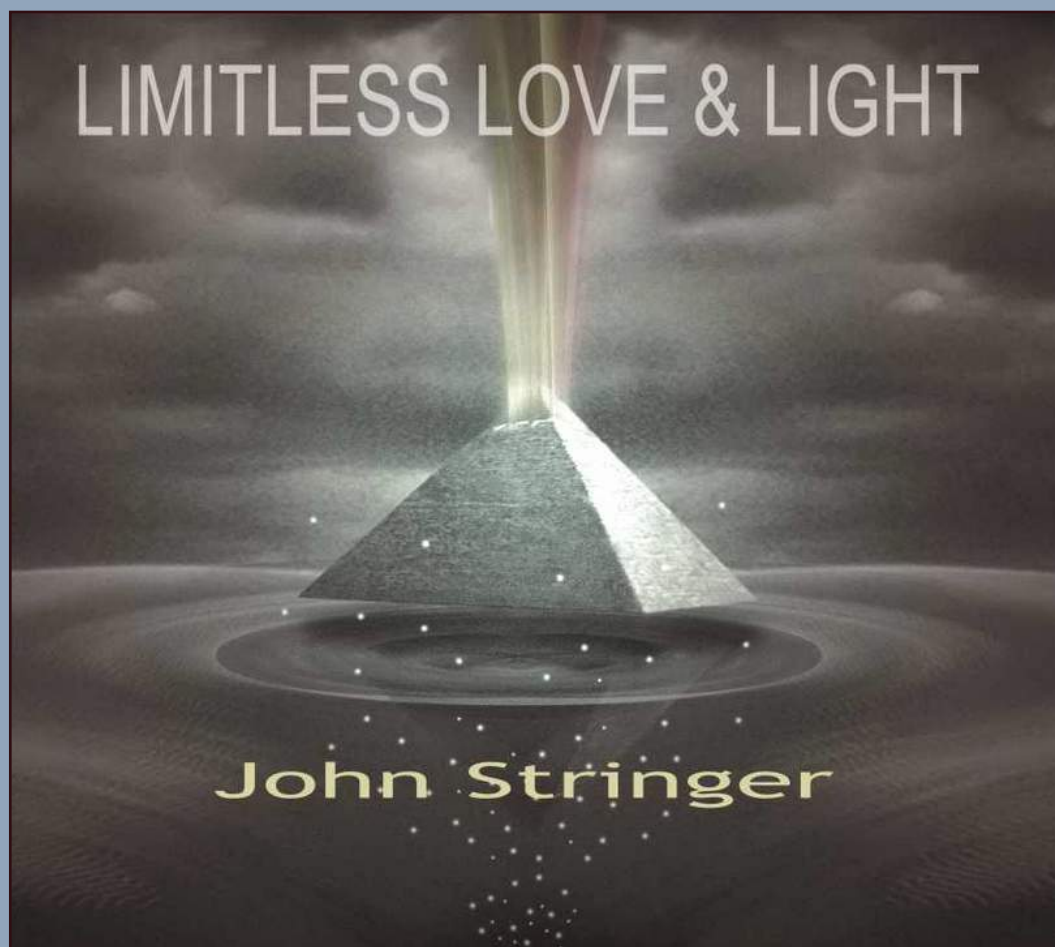
John Stringer is a life teacher, speaker, billboard charting singer-songwriter, healer, and author with a passion for music, community, personal development and limitless love and light. He currently serves as CEO/Founder of PolyPlat Records, co-founder of Indiehitmaker.com, Access Consciousness practitioner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