

Exploring Life In The New Age

# AQUARIUS

MARCH 2017

Pisces

February 19 - March 20

**CONSCIOUS  
RESISTANCE**

**AWAKE IN TURBULENT TIMES**

**Community Spotlight**  
ChantLanta 2017  
Atlanta, GA

Astrology by Ariel Rose

Tarot by Kathleen  
Robinson

Tipi Diaries

by Robyn Meek

Awakening The Goddess  
by Crystal Starshine

To Your Health

by Brenda Cobb

Conscious Business by  
Becky Arrington

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**AQ** community spotlight

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

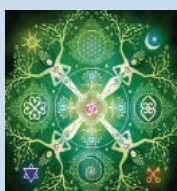
## THIS MONTH March 2017 Pisces ♷

Human consciousness is shifting from the Age of Pisces to the Age of Aquarius. As this shift occurs, new energies and new realities make themselves apparent and available to all of us. The entire goal of human evolution is the manifestation of our fullest potential, unity with the Universal Consciousness and the perfect expression of Love.



A New Year has begun...and it holds such amazing potential and possibility! What are your dreams, hopes, aspirations for this coming year? What are your fears about it? Our fondest hope for you is that your fears will become fleeting shadows, and your dreams will bloom as the Lotus Flower. Thank you for making Aquarius the South's premier publication celebrating awakening!

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



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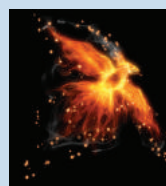
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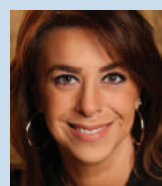
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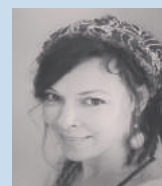
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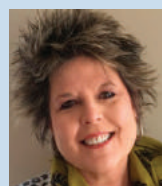
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Is it just me or does it seem as if the past month has lasted for about three years? Transition times like the one we are currently experiencing can be extremely taxing on spiritual and emotional levels, which also creates fatigue in the mind and body. The greatest difficulty we face is to have a vision of the future as a positive, light-filled reality, while also being mired in the intensity of opposition to that vision, which we experience as an equally powerful negative reality that reaches up from our dark past. The clarity with which we can visualize a world that is based on compassion and wisdom, where all living things are cared for and respected as part of the collective consciousness we call Earth, is at odds with the world we find ourselves in, where fear, greed and violence still rule the day. It is in the nature of these cosmic transitions to higher energy states that the completion always seems just out of reach, while the lower energies remain frighteningly present. It is the kind of situation that can really wear us down, cause us to lose hope, because the goal of peace and happiness for everyone seems beyond our capabilities. However, transitions on a cosmic scale, like the progression from Pisces into Aquarius, are inevitable, nothing can stop the energy from shifting to a higher vibration. The only questions are how long is it going to take and how messy is it going to be? What we need to know is what to do to stay strong and keep the faith, to do our part to make the transition as short and clean as we can.

The Buddha has identified three ways in which we can do just that, called the Triratna, or Three Jewels, which form the basis of a spiritual reality that sustains us and gives us focus in the darkness and confusion. Buddha, Dharma and Sangha form the Three Jewels and everything we need to do our part in this transition time is contained within them. The Three Jewels are chanted in an invocation called the Refuge Prayer, which is often voiced at the beginning of any kind of sacred activity. The words of the Refuge Prayer are:

I go for refuge to the Buddha.  
I go for refuge to the Dharma.  
I go for refuge to the Sangha.

The Buddha refers to idea that enlightenment is a real thing, and a worthy goal to pursue. We know

this, because many people in the past have achieved an enlightened state of consciousness (including, of course, the Buddha himself), even in dark times that were far worse than what we face today. Opening ourselves up to the teachings given to us by enlightened beings helps us to remember where we are going, even when that may not be immediately clear in the maelstrom of events.

The Dharma refers to spiritual practices (sadhana) which are derived from the teachings of those enlightened beings. The Dharma represents the teachings in action, and serves to strengthen our compassion, our wisdom, and our willpower, so that we have all the tools we need to be effective as transition-enablers. Meditation, chanting, ritual, breathing exercises, conscious movement, and many other methods are used to make us strong in body, emotion, and intellect, so that we can forge ahead vigorously and joyfully.

The Sangha refers to the living community which works together, combining our strength to become a force that is greater than the sum of its parts. The Buddha knew that his own enlightenment was unusual, in that he had to seek it on his own. Rather than follow in his footsteps, he has shown us that a community can achieve what he was able to do in a far shorter time and with less effort. With shared goals and the desire to see them actualized, we are able to lean upon each other when times are tough and the road seems particularly dark.

Look at your life and try to see if each of these Three Jewels is present in some form. If one is missing, go find it! Remember that everything you need is right there.

*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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feature...

# Conscious Resistance

Don Martin,  
Publisher

Several years ago, a particular type of exercise became very popular. It wasn't new...in fact, it was just the same old thing that had been around for - well, forever. But giving it a new name made it popular and desirable amongst those who like things to be new and popular.

It was called "resistance training" - and it was simply lifting weights, pushing against unyielding surfaces, and pulling against heavy objects. Nothing new...mankind has been doing that since the beginning of time.

But it was a clever use of terminology. It made exercise sound like a noble activity. "Resistance" is a word usually reserved for noble political movements, such as the French Resistance during WW II, which stood against Nazi incursion into France.

However, it also tapped into a very universal truth that appealed to those people who wanted to increase muscle mass and become stronger and more fit. Through life experience, humans have come to know one thing very well...strength comes from resistance. Unless a force is acting against us, our muscles will not become strong.

Resistance is a powerful notion, and it does serve as a force that brings strength and clarity to whoever decides to embark on the path of resistance. Whether as an exercise, or a political movement, or something more...resistance will create tension, and strength, and change.

We are living in difficult and turbulent times. Our race is transitioning from one paradigm of human consciousness to another. The Age of Pisces is receding, and the values that informed human consciousness and evolution during that age (of nearly 2,500 years!) are fading away, or changing. The Age of Aquarius is ascending, and as it does, new values, new perspectives, new belief systems and new ways of doing relationship, society, politics, business, sex, spiritual growth, and global culture are emerging.

Let's face it...old ways do not pass away without some kind of fight. The tension and division that we are experiencing in our nation and around the globe are due to the energy shift that is accompanying the rise of the Age of Aquarius. The old, Piscean values are deeply rooted in our human souls and communities, and they are not going to roll over and play dead.

A perfect example is the political division that is besetting our nation today in the wake of the election of Donald Trump as president. The kind of open resistance and rejection of his duly-elected leadership was unthinkable 20 years ago...and tantamount to treason 100 years ago. But we live in a new age, and one of the ways that Aquarius energy is influencing us as humans is to be more open and authentic in the way we express ourselves, and to recognize that each of us is as important and valuable as another. As a result, more and more people are speaking about things that Donald Trump has said and done, especially as it regards women and other cultures.

The National Women's March, which took place recently, is a great example. Millions of women around the US (and indeed, the globe) marched in RESISTANCE to comments and actions by Trump that were seen as derogatory and insulting to women. The march was organized spontaneously, and yet was record-shattering in its engagement of women around the country. However, many conservative and religious groups were intensely opposed to the march, and said many disparaging things against the women who were involved.

What we are experiencing as we move deeper into the Age of Aquarius is the Resistance of the Age of Pisces. And as a result, we - as Aquarians - are experiencing our own call to Resistance...i.e., we are **resisting the resistance**.

All around the globe, and right here at home, awakened humans are feeling a call to "Rise Up." The higher vibration of the Universal Consciousness is stirring humanity to ascend...to awaken to a new reality of evolutionary development. As we encounter the RESISTANCE of the Old Age (Piscean values expressed through harsh, patriarchal, law-based philosophies and politics), we are expe-

riencing our own unique and Aquarian "resistance training." Our spiritual, intellectual, and psychic muscles are being strengthened to elevate to a new and exciting realm of existence.

It both amuses me and concerns me to see the anger and fear that many are allowing to dominate their thinking and feeling as we encounter resistance from the obvious and obstinate players of the Piscean power patriarchy. Anger - which often occurs in the form of mockery, insults, and other expressions of rudeness and disrespect, accomplishes nothing but to create more cycles of anger until violence is the result. Fear is the result of not recognizing our essential Unity with the Universal Consciousness, and with one another; and, as a result, not recognizing our own Divinity, and therefore not being able to live the fullness of our own personal power to transform the world around us. We become victims rather than the Influence Wielders that we can be.

Aquarians are uniquely positioned to bring true healing to the World by resisting the resistance through living and promoting the values of the Age of Aquarius. Conscious Resistance means choosing to Live - intentionally and intensely - lives of Love, Compassion, Respect, Authenticity, Non-Judgement, and Hope. By refusing to use Piscean techniques (such as fear-mongering, rudeness, disrespect, dishonor, and violence) we RESIST the Piscean "last ditch attempt" to stop the Dawning of the Age of Aquarius.

This issue is devoted to Conscious Resistance...that is, choosing to resist the resistance of the Piscean Age and instead living as Aquarians. We truly can help bring about the healing of the world...because WE ARE THE HEALING OF THE WORLD!! NAMASTE!

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





## FEATURE

# Breaking The Mandala A Series On Creating a New Age



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

## Part Seven: A Dryad Awakens

Welcome to Breaking the Mandala, which examines the aesthetics, insights, and greater context of a series of paintings by Keith Prossick. We humans awaken not just through what we read, but what we see and explore beyond words.

You can view the painting, and read commentary from the artist. The commentary is specifically drawn from the artist, as a way to show the process and background to the work.

There is no “correct” way to do this. You can read first; you can look first. You can do one or the other, though certainly we recommend both. This month’s art is Whispers.

---

The journey comes to an end.

I am waking up, eyes still closed but a warming awareness arising in my mind like the sun. The boat is still rocking, but it is rested up against something.

I open my eyes, a tree. Above, the branches reach forever. The wind blows, the leaves sing the song of an oak.

Instrumental music, on the edge of language.  
A voice. A calming one. “Welcome back.”

Up in the branches, I see a face, peaceful and loving. The dryad speaks. “You seem to have had quite a journey.”

“Indeed...how long have I been laying here?”

“I don’t know. Didn’t notice you until you woke up.”

“Where am I?”

“The returning shore. Here is where all beings return to the dream.”

“Am I dead?”

“Not sure what that means. You should have remembered by now. Your next life, it’s just up the road.”

“How far?”

“That’s up to you. Don’t worry, it’s pretty user-friendly up there. Just look for the town that looks the most inviting. Your family is waiting there for you. Everyone’s getting ready to play again.”

“It seems simple.”

“It is ... why wouldn’t it be? It’s quite elegant, if you ask me. Allows for more time to play.”

“You’re a dryad, correct?”

“I have been called that. In other ways, I am a tear of the Mother, a memory that has become self-aware. Here, I am protected in this tree. I am deeply rooted into the Earth as my consciousness grows strong enough to break free. When that happens, I can be off to play in the dream just like you.”

“You mean you are trapped?”

“Not at all. The tree is not a prison. Think of it as a womb. I am preparing to be born for the first time. Each being I meet here on the bank of this river open me up just a little more, as I learn what awaits me out there. It’s very exciting. I feel I am ready.”

“To be born?”

“Absolutely!,” the dryad smiles like the moon trying to hide from the sun. “I can’t hold myself back anymore. I can already feel the roots loosening up and feel myself moving in new ways. I feel a sense of freedom growing upward. There is a sun beating inside my chest. A warming fire, expanding and reaching.

“Tell me of your journey,” the dryad says.

I don’t know where or when or how to begin. Then, suddenly, I purge the story. Beginning to end. As above, so below. The severance, the structure, the waves, the portals, the tales, the healing, the remembering, the letting go—the dance. Reflections of my many lives. So many, too many to count. My thoughts return in the wake of a sound like whistling water filling up a bottle. I am empty, but whole.

The dryad has been smiling throughout the story. Her smiles grows. “Now, relax a moment, and listen. The song flows strong here. Listen for the current of your family. Just breathe into it. Close your eyes, but don’t fall asleep.”

---

As I close my eyes, they open into a painting. I see the river, the oak tree, its roots cluttered with entangled pieces of karmic debris. The dryad sings above, the branches reach upward into the universe. Music evolving through currents of energy, floating memes creating islands in a conscious sea. So many songs, all songs playing at once—yet all fitting together in harmony. Each song a voice. Each voice a tribe, finding their way. A family.

My eyes, still closed, see the dream and shining brightly, the song of the dryad. I hear her song; I see her song. Energy so strong, ready to burst open. And not just her, more dryads than I can count.

This painting, the one before me. Here, the consciousness of Gaia, her thoughts borne on the currents of songs floating through the Earth. Each nymph creates a memory of love she has experienced. Sharing the memories with the Universe, the nymphs manifest as elemental spirits, forming the rivers, winds, trees, and all other kinds of beautiful beings.

The dryads, playful yet shy, settle in the canopies of trees and ground themselves to the Mother through their roots. Here, they develop and mature, ultimately their branches, like wings, pull them up and as they awaken, they break free of the Mother and are borne onto the Universe.

The painting, the vision and reality—all existing as one. I realize, suddenly, they aren’t just floating around me—they are also flowing through me. Not many, but a few, songs running parallel to each other through my heart. Some faint, some intense. Others still, while some seem to be laughing.

There, a hearth of humor. We love to laugh, I remember. And dance wildly. There, that one twirling like a butterfly. Am I see this or feeling it?

It’s so strong, it feels like it’s flowing through all the chambers inside my heart. My soul is beating, growing warmer. In my mind I follow it outward. There it is, curving right up the side of the tree. That’s the way. I open my eyes.

A path has appeared leading from the boat. I get out. I look up the dryad is gone.

As I start walking, I realize it’s the path I have always been on, the one that took me to the Pagoda. It’s just a bit different now. Not sure how, but eager to find out.

I follow steps upward toward the top of the first hill. As I approach the top, I realize all the hard work is done, at least for now. I have journeyed far, learned a great deal, but it is time to return home.

I am still me, but a new me.

From up here I can see a far future ahead. The river flows into the next valley.

I breathe deeply, inhaling the new-feeling air. Fresh and expansive. Rising, I see the banks of a river. A town off in the distance, still further ahead.





## **A Dryad Awakens** by Keith Prossick

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

**You can purchase "A Dryad Awakens" by visiting [www.keithprossickarts.com/market](http://www.keithprossickarts.com/market).**



# The Spiritual Is Political

## by stephanie kohler

In these divided times, the United States of America is at least 2 countries. Indeed, the USA has balanced deep divisions in its entire history. As collective consciousness continues to grow, we witness the many tools, many of them ancient, that develop and nourish consciousness.

Martin Luther King, Jr. famously championed nonviolent resistance, embodying the example of Gandhi—both activists without separation between political goals, such as civil rights or Indian independence, and spiritual tenets, such as nonviolence and compassion.

And yet, people protest, claiming that contemplative or spiritual practices are not political. That they shouldn't "become" political.

Thing is, contemplative practices can't "become" political. Because they already are.

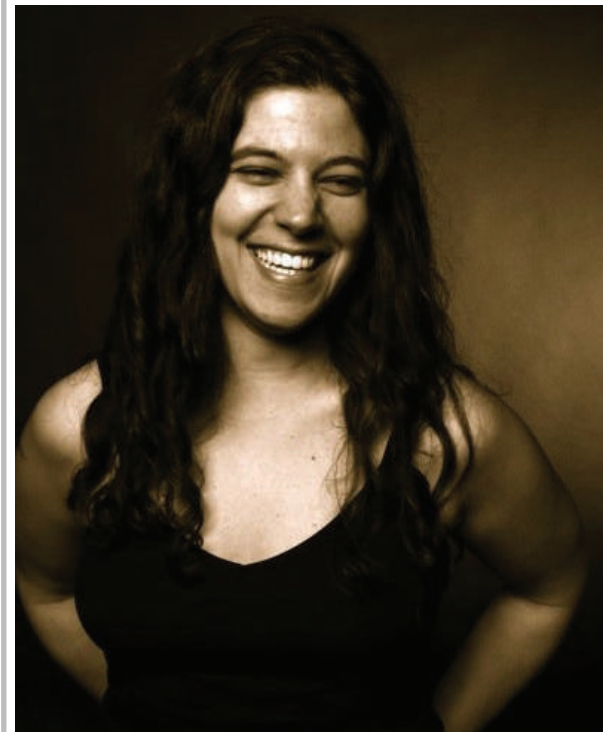
Unless, perhaps, your definition of politics is only things like congressional hearings or debates. But that constricted definition denies the full spectrum of politics. We all know that politics appears in grocery stores, doctors' offices, barbershops. In restaurants, music, entertainment. In classrooms, board rooms, bedrooms.

The false belief that contemplative or spiritual practices should not "become" political is to deny the nature of them, the essence of them. That separation, characteristic of the Piscean age, is an illusion—as are most conceptualizations of separation. Particularly the ideas of difference which divide us so deeply, such as nationality, geography, religion, wealth, education, self-identification, race, orientation. Not because all people are the same—far from it. But our differences don't determine degrees of humanity.

To engage in any contemplative or spiritual practice is, by nature, activism on yourself. Meditation works to resist the fidgeting of the thought-driven mind, the judgments of the identification-craving ego. The name "Islam" means "peace"—if peace were actually our default existence, there would be no need for entire spiritual systems to focus on it. Yoga, in its linguistic root (the same root of "yoke"), means "union"—that separation, in fact, is illusion.

The early feminists echoed the same sentiment, in the now-famous phrase, "The personal is political." The way you live your personal life is a microcosm of your politics. The way you engage with the world, whether observing or participating in whatever situation, is political.

This is not a call for practitioners of Zen, yoga, meditation, et alto become public servants. You don't have to run for office or work for the government to engage in the political activism inherent in contemplative practices. The choice is not whether to engage in politics. The choice is *how* to engage with politics—and thus how to create and sustain the world in which we will all thrive, together.



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

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# STILL By Phoenix Lea POINT

## MEDITATION

Becoming a grandmother has given me a sense of success. Seeing your children happy is important. Witnessing my son and his wife become new parents brought me into a new realization about the world we live in.

When your kids are small you get to do much of their choosing for them until a certain age where you trust them to make right choices for themselves. Often when our kids are at this most interesting stage of their lives we are reminded of the choices we are still judging ourselves for. That energy can become a controlling factor if we are not careful. Remember your kids have a soul just like you and they are working it out same as you. Give them some understanding of life through your wisdom and experience. This becomes palpable information with emotional examples that will hit home. When we as adults can take responsibility for false actions done out of unconscious behavior, that our children may have witnessed, we set them free. Patterns of survival set in childhood often become wounds that later are reinforced by other relationships. Awareness is all that is needed to clear and heal. Be a peacemaker within as without.

As we dance a dance of oscillation with ourselves and others I am experiencing a renewed strength. Being a "free-spirit" is more popular than ever. Driving for Uber I meet people from all over Atlanta and honestly, the world, that are looking to give peace a chance. Navigating here in ATL is all about awareness especially when your rider has had a few too many and you find yourself circling for his residence in the dark.

Finding a daily practice of the Still Point aids in my personal navigation of the mental and emotional spaces within me. Often riders are asking me about being an energetic practitioner and it becomes a wonderful opportunity to expand our awareness and create peace together right there in the car. Just talking about consciousness excites consciousness! God in you As YOU!

Being a peaceful person, in my opinion, takes some fortitude. First you have to not take things personally. We all know how hard that is to achieve. Then you can not play the competition game of comparison that is a sure way to land yourself into a big ripe pile of judgement. This is why it has become difficult for me to follow political interests. How about you? What

is your peace-o-meter like and how does it register? Most of us are falling off the wagon before our feet hit the floor. Life pulls us into it. Add a helping of responsibility and judgment and fear...you have a game of hide and seek called duality. Where am I? Who am I? Identity crisis anyone? Where is the peace of mind and where is the love. How can we give more when we ourselves are depleted.

First, rest and know that you are going through a beautiful transformation. Take every thought as a captive before giving it emotional content and sending it into context for action. When you hold council within the energetics before you act, you are bringing awareness and consciousness to your thoughts and emotions allowing them to breathe. This creates an expansion of potential where there could be a contraction towards repression of your utmost desire. Knowing yourself and your instincts will help you master your behaviors and stay ahead of your needs through nurture not discipline. Punishing yourself when you are already in an unconscious state will only increase the resistance towards releasing the internal judgment. The fastest way to release judgment is to remember your oneness which steps you out of the experience.

Experience or our attachment to it (due to our identity crisis) holds our energy often in a wound up or wounded way, which give us a "stuck" feeling in our experiencing of life. Life moves through us. Therefore we must receive it and release it because that is its nature and we dance the dance with it. Sometimes we remember the steps and our partner, (spirit) as we are its partner (form), creates such a continuity with grace and ease our life feels like a daily heaven. Other times we spin and twirl and we become separated from our beloved... the lesson is always the same. You can never be truly separated. You are loved and wanted and desired and you are being called to oscillate in new ways. Higher ways of feeling and expressing within life and its experience of God in you.

Remember your Still Point, consider the way a fathers hand rests on the head of his new born child...the way a breast feeding mother nourishes and bonds through touch from creator to the creation and feel then a return to your inner innocence. Give Peace A Chance. I hold you in the consciousness of peace.

Namaste.

**Phoenix Lea**  
A Clear and Present Channel

## YOGA: Under the Bodhi Tree By Awilda Rivera



After years of flourishing in the west, the yoga family tree is growing more branches. Every year it seems a new lineage or teaching styles is developed. Each one grounded in something a little different then the last, some with vastly different teaching methods. The activity that was once deemed a solo practice has evolved into a team sport with the help of a few adventurous souls. The partner yoga phenomena is sweeping the globe! You may be left wondering: What is Acro or Partner Yoga anyway?

Acro & Partner Yoga are close relatives. Partner yoga is the milder of the two. Both up the ante on the original, singular, individual asana practice we have grown to know and love. These two styles of yoga utilize the combination of 2 or more individuals to counterbalance each other's weight in order to sustain one grand pose.

Partner Yoga is mostly known for poses like double down dog and double plank.



In this pose leverage is being created by the connection between the feet and lower back of the the two yogis. When executed properly & safely the Yogi in Downward dog should be able to lift their arms off the ground.

Shockingly enough, the novelty of a double down dog pales in comparison to the Wow factor of Acro Yoga. Acro-Yoga is known for its gravity defying poses like floating bow pose. Acro Yoga has created a marriage between acrobatics, yoga, and team work that has caught the attention of thousands of people over the last few years.

While these two styles are still growing in popularity nationally, you will happily find more than a few offerings for both in Atlanta.

Despite what you may think, there are no height/weight/strength requirements to take an Acro or Partner yoga class. Nor do you have to bring a partner that is your same height/weight/build in order to participate. I once went to a partner yoga workshop with a friend who is at least 5-6 inches taller then me & weighs at least 30 pounds more than me. I am happy to report our size differential was not an obstacle at all!

If this all sounds way far a field, I can understand. The first time I heard about these Yoga styles I was slack jawed. However, after experiencing it for myself I was amazed. There is a certain level of interconnectedness, synergy and unified focus that is created when you attend one of these classes with a friend, lover, or family member. You undoubtedly become closer to them, and grow more uniquely aware of your own power.

Interested in trying out a partner Yoga workshop? Check out Nirvana Yoga Atlanta they offer Partner Yoga workshops several times a year. Feeling acrobatic? Then visit [www.AcroAtlanta.com](http://www.AcroAtlanta.com) for classes and workshops located at Intown Tumbling near old fourth ward.



Until Next time.... Namaste!

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



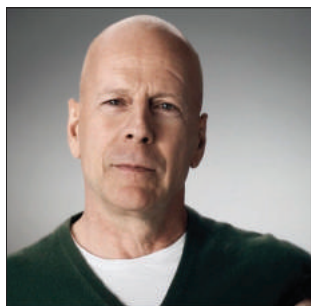
# horoscope

## Pisces Feb. 19 - March 20

Ariel Rose is an Atlanta area  
Astrologer and Intuitive.  
She also offers Tarot and  
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### ♓ Pisces (February 19 - March 20)

Happy Birthday Pisces! This is the start of a new year cycle for you and it's your time to shine. Your mind and intuition are in sync, so if you feel negative people or energies coming your way - just keep swimming! You don't need any psychic garbage in your environment as you are more sensitive than usual right now. You may spend money impulsively, so keep a watch on your bank balance. However, if it's been a while since you let loose, it might be just the time to make a fun purchase!



Bruce Willis, 3/19



Liza Minnelli, 3/12



Lynn Redgrave, 3/18



Ron Howard, 3/1

### ♈ Aries (March 21 - April 19)

Your energy is high, but you may feel the need to retreat from the greater part of the action. You'll be more reflective, intuitive and sensitive this month. Don't hesitate to take personal time for healing, rest and releasing your feelings. You will feel much more refreshed and energized after letting go of some old burdens and processing any pain of the past. After the 20th, you'll begin to feel more revitalized and recover that spring in your step!

### ♉ Taurus (April 20 - May 20)

March is a rebellious month for Taurus and you will feel motivated to seek greater personal freedom for yourself and others. If you notice oppression of any kind, your desire to take action about it will be very high. Personal relationships could be frustrating, as your ruling planet Venus is in retrograde. People won't be as receptive to your charms right now, so take a more practical 'no nonsense' approach and save your romantic side for a better time.

### ♊ Gemini (May 21 - June 21)

The illusory sign of Pisces can be a challenge to Gemini who thrives on crystal clear thoughts and directions. Be aware that situations can easily become confusing as you could lose your train of thought to cloudy daydreams. However, your work and creative projects are in a good position to bring you more positive attention and progress. Be patient with each step and use your imagination to get the results you need.

### ♋ Cancer (June 22 - July 22)

The compassionate energy of Pisces is the perfect time for Cancer to dream, relax and recover. You'll feel the urge to get away from it all, either through a vacation or a spiritual retreat to focus on meditation or personal healing from any harsh situations you've gone through. Your thoughts are focused on self-improvement and how to create a better future for yourself. Get out your journal and take notes!

### ♌ Leo (July 23 - August 22)

The bright sunshine sign of Leo undergoes a curious transformation during the time of Pisces. All you majestic cats will feel the darker mysteries of your soul calling and many will take the opportunity to go deeper and discover more about yourselves than usual. You may experience some kind of symbolic 'death' in the form of letting old pain go, releasing a negative relationship or quitting a job that isn't in rhythm with your spirit. You'll emerge fresh as a daisy from your journey with a happier outlook on life.

### ♍ Virgo (August 23 - September 22)

A push-pull energy exists for you this month as you seek to balance your personal relationships and maintain your inner harmony. Therapy or focused psychological work can be a great benefit. Concentrate on building up your self-esteem and sense of worth, especially if you've gone through any situations that have made you feel less than worthy or accepted. Be gentle with yourself and others by releasing that inner critic.

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

Focus on your physical health and emotional well-being this month. You may experience a confusing health issue and may need to try alternative therapies to get the healing you seek. Do your best to refrain from alcohol, harsh medications or drugs to keep a clear mind, as your body is more sensitive to these influences at this time. Relationships are energetic, but could also be quite aggressive. Speak up for yourself, but avoid excessively negative or angry people.

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

A month of creative energy and joyful experiences awaits you, as the gentle waters of Pisces soothe and heal your spirit. Take time for doing something artistic or enjoying music, art, films or theater. If it's been awhile since you had a fun project to work on, this is a great time to explore something new. You will feel driven to be more physically active, but take necessary precautions and make sure to protect your face and head.

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

The energy of Pisces can be a challenge for the Archer, as everyone will be more sensitive and emotional. You'll need to reign in your usual biting candor and sprinkle a little sugar to help the medicine go down. This could be the perfect time to curl up with a good book at home. Your creative life will be overflowing with new ideas and will also greatly benefit from fun times spent with children or animals. Their simple, honest nature will put you right at ease!

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

A combination of fast communication and deep intuition will help you make progress this month. You may be overwhelmed by vivid nostalgia or memories of home and childhood - but don't let them make you morose or negative. Instead, use the experiences of the past to fuel new growth and development. Be patient but also know that you are making huge strides even if you aren't completely aware of it. Avoid heavy or intense personalities this month, as there is an element of danger to these kind of encounters.

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

The fluid energy of Pisces is influencing your finances and personal values this month. You might find it difficult to hold onto your money or your mental positions. Holding on tighter doesn't do much good, so instead go with the flow and seek to simplify your daily needs. Your mind is energized and full of fresh ideas, so write down your inspirations. Be aware any relationships started during this month might seem exciting at first, but should be handled patiently to see if they have lasting power.

## Welcome fellow Stargazers!

We begin the magical month of March with the Sun making it's yearly journey through sensitive, mystical Pisces. Symbolized by two fish swimming in opposite directions while connected by an ethereal thread. Pisces is the oldest and last sign of the Zodiac cycle, which creates a personality that is detached from the world, yet full of compassion for those who are suffering in it. Pisces has come full-circle and embodies the image of the very old sage who has released material trappings to become innocent and childlike again. The bridge between Pisces and the following sign of Aries represents one cycle coming to completion and a new astrological year ready to be born.

The world of dreams, emotions and fantasy are close at heart to most Pisces and they can be incredibly creative and intuitive. They must work to maintain boundaries and not get caught up in unhealthy relationships that take advantage of their sympathetic nature. Depression and escapism are the biggest challenges to a fish and they need positive encouragement and plenty of creative outlets to avoid the pitfalls of addiction or overwhelming sadness. Music, art, theater, photography and any project that allows their incredible imagination to flow will be healing and necessary for Pisces.

Our planetary actions of the month include Venus going retrograde on Saturday the 5th. With Venus in reverse, you'll notice people forgetting their manners, being more abrasive than usual and the need to review relationship issues arising. With Jupiter also currently in retrograde, this could even lead to re-thinking a big move like a marriage engagement or starting business with partners involved. It's a good time to air any grievances and get everything out in the open before moving forward with far-reaching plans. Venus will move direct on Friday, April 14th.

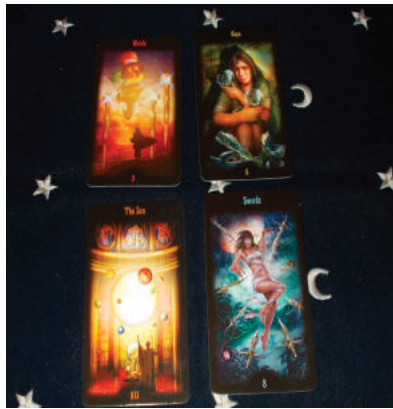
The March Full Moon occurs on Sunday the 12th at 10:54am in the sign of Virgo. This is the ultimate cleansing moon and you may have the urge to clean the house, purify your environment, eat healthy foods and drink plenty of water. Releasing toxic build-up in any area of your life is highly favored, so be good to yourself and let go!

Have a wonderful March - be gentle to yourself and others!



AQ





# Legacy Of the Divine Tarot February 2017

Kathleen Robinson

**3 OF WANDS:** This month it will behoove you to be calm as you look around and see what has transpired in the world and the changes that have been taking place. Patience is called for as we ride the crest of the wave, unsure where it will take us. Stay positive and upbeat, visualizing a future that is in the best interests of us all. Don't be so much in a hurry to see more change, or more differences in how you feel about what is happening. We are all "waiting for our ship to come in", and in the meantime the best thing we can do is go about our business, keeping a level head and a positive attitude.

**5 OF CUPS:** Things may be happening that make you uncomfortable, distressed, sad, upset, or anxious. The best thing to do is to go ahead and feel these emotions, allowing yourself to really experience them viscerally, and then just let them go. Longing for what is not in our reality will not necessarily make it so; however, we can visualize a better world where events are unfolding that bring the promise of hope and betterment for all of humanity. Look around and think of all the things you can be grateful for. It is better to focus on these rather than what you perceive to be wrong with the world. We are all connected, so the longer we hold on to negative feelings the more we might influence those around us with negativity. Showing gratitude can go a long way towards improving your outer world.

**THE SUN:** There will be many bright spots occurring this month that will make us happy and bring smiles to our faces. When these moments appear, drink in all that they have to offer by way of joy, contentment, satisfaction, fulfillment, rewards, and success. Everything is not doom and gloom this month, as you will see when you start recognizing that good things are indeed happening. Let the light of these good moments and events continue to shine for you, so that in moments of feeling down you can brighten your mood by remembering the sunshine times.

**8 OF SWORDS:** Despite how hard you try, you may still feel confined, out of control, hindered, or stuck. That is ok, because you can do something about it. You do not have to wallow in self-pity or sadness; you still have free will, and you have the ability to get yourself out of whatever boundaries you have surrounded yourself with. You have the wherewithal to break free, as the Sun energy will be present the entire month. Your prison is of your own making, so don't let it engulf you to the point where you go around all month feeling sorry for yourself. Now is the time to break free. You can do it.

**TRENDS FOR THE MONTH:** March promises to be a month with mixed blessings, as was February. On one hand, it will be important to exercise patience, remembering that all good things come according to divine timing, not ours. Don't get caught up in negative feelings that bring you down, for you may also be affecting those around you. On the other hand, remember that the Sun energy is also with us all month, so look for bright spots where you at first see none, look for light where things seem dark, and look for happiness and joy where sadness lurks. You have the power to control your own thoughts, so prepare now to let this be a fantastic month where you are in control of what happens to you. Decide right now that March will be a most phenomenal month that holds many opportunities and possibilities.



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

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

## the flow that is still michael burke

Transcendence is the quiet path  
That lay within  
Meditation is an excellent method  
to enter this Cause way  
Sacred sound seems to be my favorite entry vehicle  
Yet no matter how we are invited  
Now our mind chooses to enter the stillness within  
Accept the Invitation  
Meditation is not so much about quieting the mind  
As it is about entering the place  
Where the mind is already quiet  
Chaos may abound about the surround  
Yet our Core is a Space of Grace  
Where silence sings  
And rivers listen  
Listen  
Listen  
To the flow that is still  
Listen  
To the music  
That is the sound  
Of the Universe breathing  
The becoming vision that is liquid art  
We are watercolors  
Bathed in a mist of ice  
Listening to our own melting  
And this  
Depends on the energy  
We create in our waves  
Depends on the angle of the light from the Sun  
Depends on the photosynthetic power  
Of our carbon based form  
Depends on the chlorophyll  
Of our consciousness  
We are as much alive  
In the blooming of a flower  
The ring of a tree  
Or the rings of Saturn  
As we are a breath into our nostrils  
Or our naked feet kissing Gaia's gown  
Caressing this sensual Earth  
Making love to Mother Nature  
As she wraps us  
In a youth of ages  
She sings our souls  
As wind  
And hugs us  
Hugs Us  
Like Water  
A deep  
Complete  
Passionate embrace  
As if we'd just come back to life  
And in fact  
We did  
We are in each instant  
Coming to life  
We are the calm in the eye of the storm  
We are the spiritual core that remains untouched by outer circumstances  
A peaceful awareness  
That allows  
The awareness of peace  
To permeate  
Into our permanent impermanence  
We Are  
The Flow That is Still.



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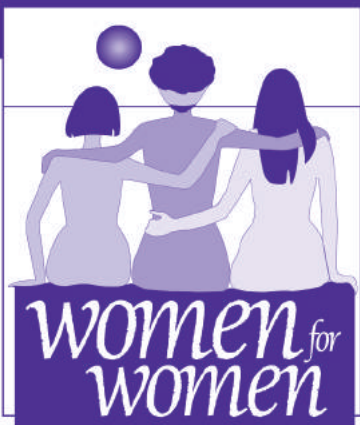
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# How Healthy Are You?

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## Glorious Ginseng

Ginseng is one of the most fabled ancient healing plants, a plant cloaked in mystery and superstition. According to ancient beliefs, ginseng represented the crystallization of the unseen spirit of nature in the form of a man who dwells in its root. Thus, ginseng roots that were clearly man-shaped held the spirit and power of God and were effective in curing disease and strengthening the weak. In one legend, ginseng began as a divine gift to a deserving but miserable young wife who, after several years of marriage, had no children and was frantic with disappointment. Custom made her situation particularly bitter, because after three childless years her husband would be permitted to take a concubine. One night she dreamed about an old man in the mountains who could assist her; searching him out, she took the herbal remedy he offered and soon bore a child. Later, when she made the journey back to see and thank him, she thanked him so prettily that he, who was actually a deity in disguise, filled the woods with this miraculous plant.

Surpassing even the truffle throughout history as a precious aphrodisiac, one Chinese emperor reputedly paid \$10,000 for a perfect man-figure ginseng root. The most potent ginseng roots are said to be shaped like a man's body, and the Chinese believe that even better results are obtained when the root is dug up at midnight during a full moon. Chinese records verify the fact that the renowned Chinese herbalist Li Chung Yun reached 256 years of age. He was born in 1677, and in 1933 the New York Times announced the death of this remarkable man. Professor Li gave a course of twenty-eight lectures on longevity at a Chinese university when he was over the age of 200. Those who saw him declared that he did not appear older than a man of fifty-two; that he stood straight and strong, and had his own natural hair and teeth. It is claimed that Li Chung Yun's longevity was due to his strictly vegetarian diet, his calm and serene attitude toward life, and the fact that he regularly used powerful rejuvenating herbs prepared as teas. These herbs were Fo-ti, gotu kola and ginseng. With the exception of the ginseng root, Li would eat only food that was produced above the ground.

Ginseng is the aromatic root of an unassuming ivy-like ground cover that commonly grows to a length of two feet or more. American ginseng is a perennial plant, which is found most abundantly in the Cumberland Gap region of southern Appalachia. Asiatic ginseng grows in the damp woodlands of Manchuria and is cultivated primarily in Korea. Siberian ginseng has a habitat of primarily Siberia, thus its name; it is not a true ginseng, but is part of the same family as the other two ginsengs and contains similar active chemicals. All three varieties of ginseng are used interchangeably, and because of its high reputation in Asia ensures constant demand. Esteemed by the Chinese above all other botanicals as a cure-all, it has primarily been their centuries-old demand, which provoked incredible market fluctuations, astronomical prices, overharvesting, and a lingering curiosity.

Chinese medical practitioners classify Asian ginseng as yang (warming/male) and use it for increasing chi energy, strength, and blood volume; promoting life and appetite; and quieting the spirit and giving wisdom. American ginseng is considered a yin (cooling/female) tonic whose action is to reduce heat of the respiratory or digestive systems, reduce fatigue, and enhance reproductive performance and immunity. Siberian ginseng is used for increasing chi, treating energy deficiencies that result in lower back pain and kidney problems and normalizing body functions. It is noted for protecting against the mental and physical effects of stress.

Ginseng has been said to be a general panacea, with the ability to promote healing in all ailments—everything from conquering cancer to rejuvenating male sexuality. It has even been found to afford protective medicinal action against radiation exposure. It is the only plant used routinely by so great a number of more or less healthy individuals for stimulation, added energy and a sense of well-being.



**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.livingfoods institute.com](http://www.livingfoods institute.com)



# The Surrender Process

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



We are a results driven society where we tend to define ourselves based on outcomes. We label ourselves as winners or losers, lucky or unlucky, superior or inferior, successful or unsuccessful, worthy or unworthy. If you have gotten caught up in the slippery slope of emotionally attaching to an outcome, then you know how significantly your self-perception can be affected.

How, then, do you avoid having an emotional attachment to an outcome?

Think about a time in your life when you felt helpless, scared and panicked about money, a relationship, or your health. Perhaps you believed that your circumstance was insurmountable and unresolvable. You may have even believed that you had no control over your situation and felt as if life was happening “to” you, without your consent.

It is often out of desperation and neediness that we attach our emotions to outcomes.

For example, if you are self-employed and don't have enough money to pay your bills for the month, your emotional attachment to securing paying customers is far greater than it would be if you were financially secure and didn't need the business.

If you feel desperate and needy to find your perfect romantic partner, with whom you will have a family, your emotional investment in the process of finding them will be significantly more intense than someone who is secure within themselves and who is simply looking for a companion with whom they can share life experiences.

Being aware of how emotionally attached you are to outcomes directly influences the level of pain or pleasure that you experience. If you want to maintain a significant amount of pleasure in your life, then you must learn how to live emotionally unattached to a result. This process is called surrender.

To surrender means that you live your life with the certainty that a divine solution exists for all of your life challenges and that you have the understanding that you will be guided to those solutions, with full divine support.

Surrendering is a choice and it happens when you let go of feelings desperation, anger, worry and lack (because we all know that living from that place only repels what we want) and replace those feelings with faith and certainty in yourself and a Higher Power.

If you are ready to ditch those unproductive feelings of desperation, lack, fear and worry, then follow these steps and let go of what no longer serves you.

## Step 1: Acknowledge that a Divine Solution Exists.

You realize that you can't figure things out on your own and you need help. You finally accept that you only have control over your thoughts and emotions, not outcomes. You understand that it is time to clear out the negative mental and emotional clutter so that you can make space for divine guidance to come through to you. You lean into the knowingness that, once you open the portal to receiving guidance, it will come.

Remember, surrendering doesn't mean that you are giving anything good up. Surrendering means that you voluntarily let go of the feelings of desperation and neediness to make way for more clarity and joy.

If you can't embrace the understanding that a solution exists beyond you, don't become discouraged. Solutions can show up everywhere- even in the most unlikely of places. Simply expand your awareness to all that is within you and around you as a clue about your next steps.

## Step 2: Fill a ball of light with the negativity.

You know the negative feelings you feel on a regular basis. Now, it's time to take all of those feelings and put them in a ball of light and release them.

Visualize a ball of light filled with the words and/or the energy of those negative feelings you are carrying around. Next, picture them being pulled up into the cosmos for transmutation or being dropped in the deepest part of the ocean to decompose or, if you like, you can create your own image to transport your unwanted emotions.

## Step 3: Invite and follow the Divine Solutions

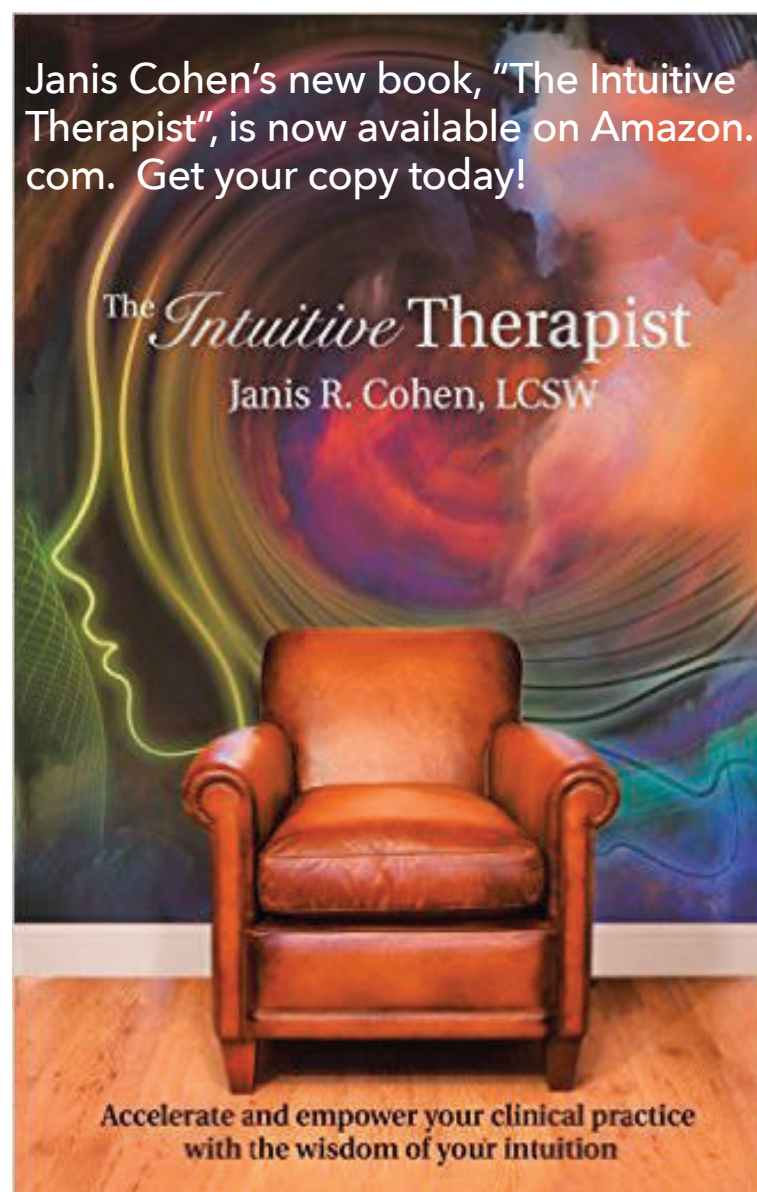
You've made space for new insights and ideas now, so remain open to receiving the divine downloads. The information you get might seem foreign or familiar to you. Let go of any judgement about how the details “should” come to you and follow the nudges and the ideas that come to you.

There is no right or wrong way to surrender because you will know when it happens; you will feel an immediate emotional release. If you attempt to surrender something and you find yourself going through the motions, without feeling the immediate relief, then you must realize that your whole heart is not invested in it. So return to step one and connect with the feeling of total Universal support and love.

Your relationship with Spirit is unique and so is your communication process. Speak from your heart and visualize your ideal circumstance, as if it already exists. Emotional pain is necessary for growth; emotional suffering is not. Let go. Surrender. And, prepare to be inspired.

*Janis R. Cohen, MSW, LCSW is internationally known as The Intuitive Therapist. With 26 years as a therapist, clairvoyant, empath and medium, Janis helps spiritually conscious people, who have experienced a decrease in their self-esteem and who doubt their ability to make sound and effective decisions, learn how to trust themselves completely, make massive changes that last, and create courage, confidence and certainty in any aspect of their lives. Her blog, called The Human Experience, (www.thehumanexperience2.com) was launched in 2011, offers readers unique perspectives about life challenges as well as effective strategies and tools to resolve them. You can reach Ms. Cohen at [www.janisrcohen.com](http://www.janisrcohen.com)*

Janis Cohen's new book, “The Intuitive Therapist”, is now available on Amazon.com. Get your copy today!





# tipi diaries

by Robyn Meek



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.

Love 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 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.

# Awakening The Goddess



By Crystal  
Starshine

There seems to be great upheaval in our country, a fear of what the next sadistic move will be to hurt our planet and our fellow man. We have witnessed its unfolding, the dark shadow that has been cast out. If you have succumbed to that darkness you may be sitting in fear, worry, sadness and hate. Stuck to the television like glue waiting for the world to fall apart, the cosmic collision, the end as some may call it. I myself fell for it, I was mad as hell, my friends and families seem to have opposite opinions. I no longer could scroll through social media without feeling all the feels of doom and gloom. I felt frozen.

So I communicated with my soul sisters, we gathered in sacred circle, lit candles and opened our hearts. We also have different opinions and we agreed to disagree on some major points but we came to the conclusion that we loved each other more than politics and the impending gloom that is going on in our country. Instead we chose to talk about what we could do together and what mattered most in our communities. Some of the very simple ideas we spoke of were of recycling, composting, community gardening, co-op chickens, and so many more ideas that would not only bring us closer as a community but how it would positively affect how we spent our time and money. These simple ideas would in turn improve our health by getting our hands a little dirty and working outside.

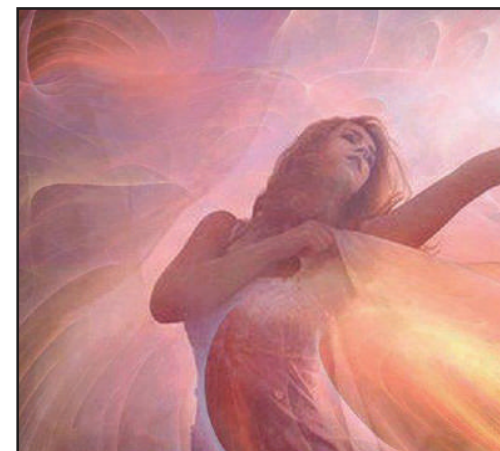
Our community chose to persist in ways that would positively affect the ones we love and ourselves, not because we don't stand in solidarity with many of the issues but because we were beginning to feel like we were drowning and that our lights were being extinguished. We chose to follow the path of love and move forward out of the darkness, choose to open our hearts and do what we do best and continue to spread healing, light and the Goddess.

The confusion and lies from the mass media and our elected officials are in my opinion a way to keep us divided. It gets under our skin, makes our blood boil causing us to want to strike back and resist. Resistance weakens, wears us down and slowly but surely we fall one

by one because of the sheer pressure to push, push and push some more, exerting all of our life force energy. If we decide to persist in our movements, communities and activism we are creating action, a forward movement to carry our country... forward. Let us think of Susan B. Anthony, who was persistent, even though she faced opposition and abuse she kept going to gain the right to vote, abolish slavery, the right for women to own their own property and retain their own earnings and there are many others who have walked in similar shoes.

How can we, together, move in a way that is of higher consciousness? I think the answer is Love, unconditionally. Love your sister, brother, neighbor and most importantly yourself. Make sure you are not giving all of your energy away; you are refueling and are tending to that inner flame, your sacred heart and purpose. Take time, in meditation, nature, and community. Step back and look at things from the cosmic view and see the hidden, reading between the lines. Listen to your communities and take forward action to bring the collective to reality. Carl Jung said "What you resist persists" and Benjamin Franklin stated "Energy and persistence conquer all things", it is up to us to choose the path that is right for our soul's purpose.

**"Nevertheless, she persisted in love."**



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



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**CONSCIOUS  
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If you are feeling helpless in the wake of sweeping social and political changes, don't forget the power of your money. You get to choose when and where you spend it.

Traditionally Conscious Consumerism has been tied to the purchase of products or services produced with social and environmental considerations in mind paying close attention as to how goods are sourced, sustainability practices and with a close pulse on foreign political situations in particular in third world countries. Until now.

Suddenly Conscious Consumerism has hit home in the United States in particular as a response to the President's recent immigration executive order. Uber came under fire when it quit offering surge pricing after members of the Taxi Worker's Alliance joined protests at New York's John F. Kennedy International Airport. Complaints soon flooded Twitter, accusing the San Francisco-based company of profiting off protesting cab drivers by cutting prices, a charge that Uber denied.

Critics, however, weren't impressed. Some Twitter users posted pictures of themselves deleting the Uber app and installing Lyft. To make matters worse, some users couldn't immediately shed the Uber app and the company was inundated with so many account deletions that it had to figure out how to automate the process.

Uber Chief Executive Travis Kalanick had already angered opponents of President Trump because of his close ties to the administration through his work on a government advisory council. However, Kalanick spoke out against the administration's immigration restrictions in a Facebook post, calling them "unjust." He vowed to compensate workers for their lost earnings. He also created a \$3 million dollar legal defense fund for affected drivers. And to further atone and right his sinking sales, Kalanick resigned from the President's advisory council. But was it too little too late?

Since Mr. Trump's election, many Fortune 500 companies have run afoul of his supporters and critics alike. Starbucks, for instance is in hot water with President Trump's fans over CEO Howard Schultz's plan to hire 10,000 refugees globally over the next five years. Critics have questioned why the Seattle-based coffee chain was hiring foreigners at a time when many homeless veterans are struggling, apparently unaware of the company's work with members of the military, their families, and veterans groups.

Sometimes retailers feel so strongly about an issue that they turn consumers away, which was the case of a knitting shop in Tennessee who refused to sell pink yarn used for "pussy hats" worn by many in the Women's March on Washington and across the country where over two million marched. In a Facebook post, The Joy of Knitting asks that "if you want yarn for any project for the women's movement that you

please shop for yarn elsewhere," and said the "vulgarity, vile and evilness of this movement is absolutely despicable."

Superbowl LI had a decidedly political slant as companies such as Audi plugged equality for women while Air B & B touted inclusion as did Coke by bringing back an old ad. Anheuser Busch and 84 Lumber took on the case of immigration showing the founder's trek to America and a mother and child immigrating respectively. Fox declined to run the entire 84 Lumber ad, and consumers were directed to a website to view the finale where the girl and her mother pushed through a door in a border wall to freedom. "The will to succeed is always welcome here," the uncut film declares in a message not included in the televised version. Interestingly the owner and founder of the company is a Trump supporter and proponent of building a wall on the southern border of the United States.

Since the election was over, Trump's own businesses have been hurt due to political outcry from consumers. Opponents of Mr. Trump have started #GrabYourWallet <https://grabyourwallet.org/Boycott%20These%20Companies.html> which encourages consumers to avoid doing business with companies that have supported the president or have business ties to him. The campaign includes more than two dozen companies so far and several major retailers may also be responding to consumer pressure by no longer carrying Ivanka Trump's line.

This article focused primarily on political fallout, but that is just the beginning of your conscious consumer journey. Find your voice, the key to your purchasing power is knowledge. Whether it is a political stand, an environmental one or a social issue, understanding the brands, their manufacturing practices, sourcing, and the values of the owners is important. This shopping guide: <https://www.newdream.org/programs/beyond-consumerism/rethinking-stuff/buy-green/> is a great place to start.

*Becky Arrington is a Success Strategist and Clinical Hypnotherapist. Her highly developed intuitive and visionary insight as a psychic channel enables her to help people look deeper to see the blockages at work within their business or personal lives. As a Clinical Hypnotherapist, the alchemical techniques she uses, allows clients to clear massive amounts of blocks either from childhood, prior experiences or past lives in a very short period of time and the results are sustainable. [www.arringtonassoc.com](http://www.arringtonassoc.com)*

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## The Awakening

Channeled by Darshana Patel on 01/18/2017

### What are we awakening from?

In this awakening, one core facet is becoming deeply connected with the energetic aspect of our being. Everything is nothing but a divine arrangement of light. This includes not only what you perceive as matter, but your thoughts – arrangements of light. Your emotions – complex arrangements of light. Your intentions – directed arrangements of light. In fact, intentions create a void. It becomes a container for which you want to attract what it is you seek. That is why in this new paradigm, in this awakening, we must be accountable for holding intentions for every moment of our lives. Recognize your intentions and become deeply connected with them. Because your intentions create a void; nature fills every void with something. The clearer your intention, the greater your ability to attract what it is you want. So in this new paradigm, in this awakening, by recognizing the energetic essence of our body, of reality, there becomes a greater facility, a greater ease, at attracting what it is you wish to manifest.

### The Law of Attraction

The law of attraction: like attracts like. It's a quantum, fundamental aspect of this reality through harmonic resonance. As you begin to vibrate at a particular frequency, you attract more of that vibration because like vibration attracts like vibration. However, if you are unaware of this energetic aspect of our existence, you lack the clarity. So in this new paradigm, awareness becomes your door to expanded consciousness and more ease to live day to day. So by recognizing this vibrational aspect of your existence, you'll begin to notice that every individual is like an instrument. This physical vessel is an instrument. That instrument has a pulsation, has a frequency. When we are unaware of that presence within, that ego, that conditioned identity, it is playing the instrument. And often, very badly. It creates dissonance, distance, discord, disharmony, disease. So recognize the two roommates inside of you – the voice in your head and

this divine observer, the one who's listening to the voice in the head. As you step into that observer seat, you then get to control the instrument from a very different vantage point. You get the opportunity to recreate the vibration of the instrument itself. You choose the tonality. You choose the frequency in which it resonates. You choose other instruments, other beings, that resonate with you. So take a moment and begin feeling that pulsation of energy within your body.

**Everyone has a unique vibrational signature.** If we did not have a unique vibrational signature, we would merge with what is identical because there would be no energetic distinction. You see, vibration (pulsation, frequency), creates separation. Imagine, if you will, there is one web of energy – one consciousness that permeates all of existence. It has core pulsation, a core frequency, that runs through all of us. When the mind activates the voice in the head, it creates a different vibration that creates a separation from the stream of universal consciousness. So each of you resonate differently so that you may be you. Said another way, if you vibrated at the identical frequency of someone else, you would merge with that person. When we pass on, in this paradigm – death – we return to Source energy. Our vibration dissolves into the universal Source. That is destruction. Creation is simply the arising, the emerging, of an object with a unique energetic signature.

### What does this mean?

*You see, in the awakening, as we recognize the energetic aspect of our being, we have new latitude of creative choice.* Because you recognize that every object is simply an arrangement of light. Beliefs shape the mind and create your reality. What you believe is what you perceive because your beliefs shape the energetic distortions in your energy field. Every belief, every thought, and every emotion creates a frequency, a tonality in your energy field, that then becomes a distortion furthering the distance between you and the Source energy until you recognize that it's all just energy. Your past – the stories you tell yourself about life – are simply words. Words are just energy. The more energy you give to those words, the more real and concrete they become. It's all just energy.



photo by Erin Brauer

### DARSHANA PATEL

Darshana Patel is a Channeled Healer, Medium, and host of enLight'n Up. She is dedicated to inspiring the world to a new level of consciousness, compassion, and connection by accessing universal wisdom. She is a gifted healer, facilitating over a thousand Reiki and intuitive healing sessions.

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# ELEVATE

## MONEY as an energy exchange

by Krista M. Jones

*"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. This is not philosophy. This is physics."*  
-Albert Einstein

When we change our beliefs and personal views around the purpose of money and begin to see it as merely an exchange of energy, our attachment and relationship to it can evolve. This allows us room to experience a life of abundance. Money is only one form of abundance, but in our current paradigm access to money allows for ease, choice of experience and expansion.

As Albert Einstein once stated-All things are energy. If you believe this statement to be truth, you will understand why I say money is energy. It is a way that we show and appreciate value in ourselves and in others. When we consciously take payment for services at a much lower rate than our higher-self knows is a match, we create our own suffering (its that uncomfortable feeling in your gut). This is an energetic reaction to something that is not in-line with our needs or our value. When we are compensated appropriately for our goods or services, it feels uplifting and inspiring. There is an energetic reason for this. Money is energy and a very direct way to express value. How you value yourself can sometimes be a direct reflection of the amount you are willing to ask of your services or products. (An example could be someone afraid to ask for the "over due" raise out of fear they will be declined or replaced) Most of the fears we have are perceived, they are not reality. Nothing but suffering is manifested from living out of fear. Our mind views perception as reality. This is why it is so important to choose the narrative we tell ourselves carefully. You will manifest only what you believe is possible. If we trust we will be cared for and honor our divine talents and passions, the universe will provide.

It is important to gain awareness to your intentions, take action and stick to your value, or the universe has no idea that is what you want. If you want happiness, find it within yourself. If you want ease, remain unattached to outcomes. If you want abundance and experience, own your value and put yourself out into the world, open and unattached to the outcomes! When we begin to let go of the belief that "I don't have enough", or "there is not enough out there for everyone" we begin to open up possibilities. Thought and action becomes your reality. Remember- This universe. This planet. This life is plentiful. Embrace a new perspective of your relationship with money and it will provide a new level of experience. It does not have to be the root of all evil, it can just be a representation of what you value and how much you value it. Money can be fluid, like energy when we allow it to flow in and flow out with pure intentions of appreciation and value. As an artist and a healer, I respect the process of creation and hold a great level of importance in expressing how I value myself and other people's gifts to the world. There is room for us all here to create and share. We are all beautiful, unique puzzle pieces in the complex web of consciousness. Let's collaborate and co-create a world of abundance and expansion.

-Krista



photo by Kevin F. Quinn

### KRISTA M. JONES

Krista M. Jones is an Atlanta-based, artist, musician, Reiki Master and Sound Healer. She owns and operates Alchemy Energy Healing and enjoys working in a wide variety of creative mediums which assist in increasing frequency and vibration, elevating consciousness and connection. She is available for commissioned based paintings, illustration, murals and print design. More information about Krista is available on the sites listed below.

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

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

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

**Drepung Loseling Monastery** - established under the Dalai Lama, an affiliate of Emory University. At 1781 Dresden Dr. Atlanta, GA 30319 Free: Sundays: Guided Meditation 11 a.m. Call: 404-982-0051 or email: [center@drepung.org](mailto:center@drepung.org).

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

**Hillside International Truth Center** - 2450 Cascade Rd. SW, Atlanta, GA 30311 9:30am - Bishop Dr. Barbara L. King, Rev. Dolores Voorhees, Rev. Dr. Rocco A. Errico plus Christ Conscious Kids Club. [www.HillsideInternational.org](http://www.HillsideInternational.org)

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

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

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

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

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

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

SUNDAY EVENINGS

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

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

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

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

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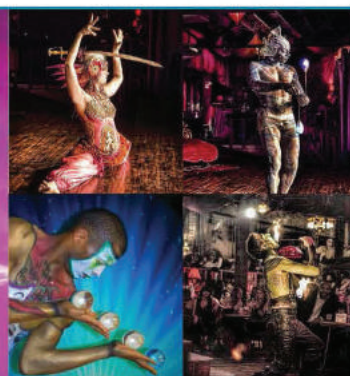
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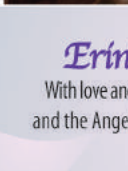
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