

The cover features a vibrant green background with bamboo stalks and a Buddha head. A white lotus flower is in the upper left. The text is overlaid on a semi-transparent white band.

White

SW Florida Edition

FREE

APRIL 2015

Lotus
magazine

INSPIRATIONS FOR CONSCIOUS LIVING

When you bow deeply to the
universe, it bows back; when
you call out the name of
God, it echoes inside you.

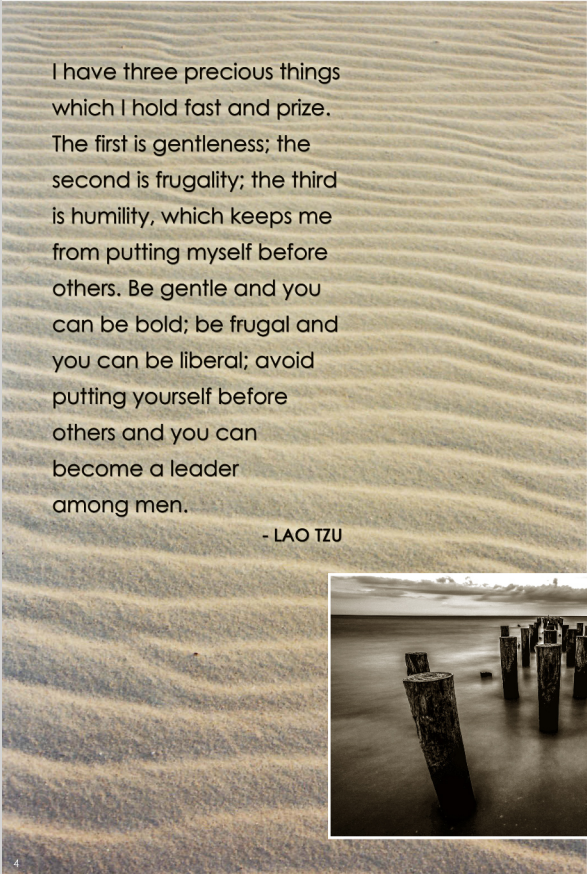
- MORIHEI UESHIBA, *The Art of Peace*



When you bow deeply to the
universe, it bows back; when
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God, it echoes inside you.

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I have three precious things
which I hold fast and prize.
The first is gentleness; the
second is frugality; the third
is humility, which keeps me
from putting myself before
others. Be gentle and you
can be bold; be frugal and
you can be liberal; avoid
putting yourself before
others and you can
become a leader
among men.

- LAO TZU



PHOTOGRAPHY BY MICHAEL EVANICK



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"We are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

The essence of White Lotus Magazine is to inspire positive thinking, natural health, and personal growth. Our intent is to gather information that can help our readers on their path to wellness, improving not only the physical, but also the emotional and spiritual aspects of their lives.

We attempt to provide guidance for conscious living with useful tips and articles on alternative health modalities, metaphysical topics, nature, exercise, nutrition, green living, and spiritual awareness.

We aspire to assist our readers along their spiritual paths -wherever they might be on their journey-, proposing greater knowledge and understanding of our true nature as energetic beings. We aim to offer insight into the dynamics of personal development with practical applications to our everyday life.

We don't confine our message to specific religious beliefs, practices or traditions. We welcome and accept any ideas that promote a healthy, content, and enlightened lifestyle, regardless of gender, age, race, or religion.

WHITE LOTUS MAGAZINE is a free monthly publication serving the SW Florida area.

Available at local health food stores, spiritual & healing centers, and other health-related businesses. (See list on our website) If you'd like copies at your location, please contact us. We welcome your comments and suggestions.

www.WhiteLotusMagazine.com

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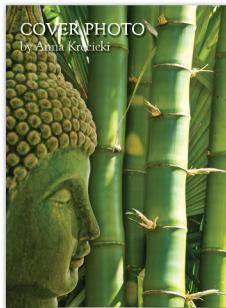
NOTE *from the Editor*

I strongly dislike moving. Yet I find myself in the middle of another move once again. It's not so much the concept of relocating into a new home that I detest, but more so the process itself: the exhausting and time-consuming packing; sorting through items acquired over the years; cleaning both the old and the new house; loading and unloading the truck; and living out of boxes and bags until everything eventually finds its final place. Moving is physically and emotionally draining.

The one thing that gives me hope and the strength to move forward is the vision of our new home once it's completed. The clean smell of freshly painted walls, the feel of new furniture, the organized drawers and closets promise so much joy, contentment, and peacefulness for my soul. I'm looking forward to creating a new space which will bring forth a fresh start, a clear slate, as well as some good energy.

The April issue was born in the midst of this move and some major house renovations. I'm hoping that the turmoil of these past few weeks did not have an effect on the content or the quality of the following pages.

Anna Kwieciki



COVER PHOTO

by Anna Kwieciki

28 ASTRO
CALENDAR

29 LOCAL NEWS
& EVENTS

31 LOCAL BUSINESS
DIRECTORY

APRIL 2015

White Lotus
magazine

Table of Contents

8 EDITORIAL FEATURE:
THE ENCHANTED
BAMBOO FOREST

10 SPIRIT GUIDES
by Joy Higgins

11 WHAT IS
BEING SPIRITUAL?
by Beth Brown-Rinella

17 COLOR
THERAPY: WHITE

18 YOU ARE WHAT
YOU LOVE - PART 2
by Vaishali

20 TRANSFORM YOUR
HEALTH - PART 3
by David A. Dancu

24 CRYSTAL THERAPY:
CLEAR QUARTZ

25 CHAKRA REVIEW:
CROWN CHAKRA
- THE SEAT OF
UNDERSTANDING

27 ESSENTIAL OIL OF THE
MONTH: LEMONGRASS
by Bethanny Gonzalez

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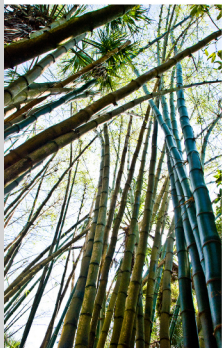
NOTE *from the Editor*

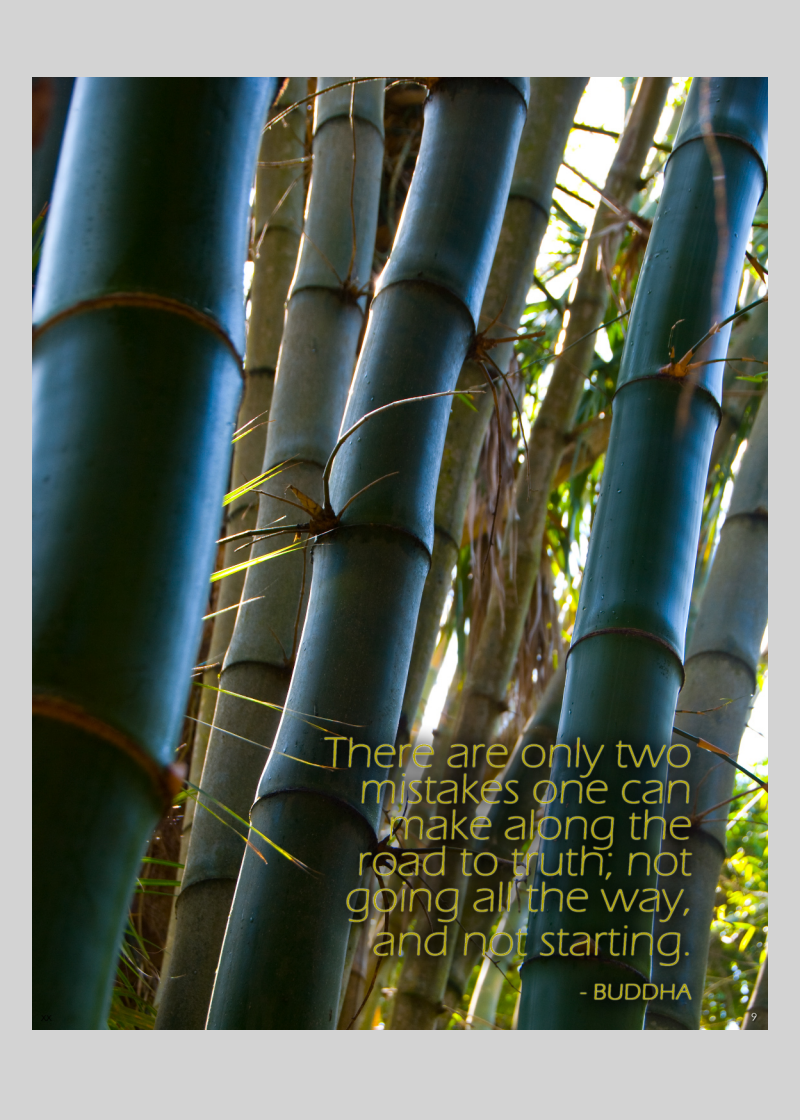
For years I've been fascinated with this little patch of nature I refer to as "the enchanted bamboo forest". It is located practically in our very backyard (just north of Naples at the Koreshan State Historic Site), yet not many know about this breathtaking place. It is tucked away in the far end of the park along the canal with a short nature trail cutting through it. I discovered it one day just walking around the park on a late summer afternoon collecting firewood for the camp fire. There was no one around, but the sound of lizards running across dry leaves and the quiet rustling of the bamboo trees in the breeze. I truly felt I was in an enchanted forest.

Since that day I revisited the park several times (it's an excellent place for photo shoots, camping, canoeing, and family visits), though I haven't been back for a quite a while until now. In the past couple of months I've been envisioning the bamboo forest for the cover of the magazine and was hoping to go take some photos. But because of my many projects, a recent move, and obvious lack of time, I had to constantly postpone it. Nevertheless, the idea popped into my head for the April issue once again. So the other day I dropped what I was doing, grabbed my camera and just followed the whispering of the enchanted bamboo forest. And finally it did make it to the cover!

The history of the settlement and the people who once lived there is rather curious (you may read about it at www.floridastateparks.org/park/Koreshan), but it certainly does not interfere with the serenity and beauty of the park itself. The mature vegetation, the well-maintained and clean grounds, the peaceful canal, and the short but lovely nature trails make this 305-acre park more than a just a historic site with an unusual past: it's a beautiful piece of paradise well worth visiting.

THE ENCHANTED BAMBOO FOREST





There are only two
mistakes one can
make along the
road to truth; not
going all the way,
and not starting.

- BUDDHA

Spirit Guides

by Jay Higgins

During the Spirit Guide workshops and Channeling sessions I offer, I am often asked questions such as, "Who are my guides? How can I connect to them?" and "Can relatives or religious figures be Spirit Guides?"

Spirit Guides are ethereal beings who come into our lives to help us deal with certain situations or difficulties. They are the gut feeling, the idea to do something better or different, and the voice of common sense. Spirit Guides are there to answer our questions. They want us to live the happiest, healthiest lives we possibly can.

"How many Spirit Guides do I have?" is a frequently asked question. You have many guides that work with you. They show up for all of life's situations that you encounter. They can come to you in many different forms. They can be angels, elves, sprites, male, female, different forms, and religious figures.

The beginning of Modern Spiritualism denoted five main guides. These guides stay with you your entire life. They are the Joy Guide, Healer Guide, Protector Guide, Doctor Guide, and Master Guide. The five main guides have a certain look and a specific energy. As with all the guides, when you connect to them you will know what they look like and what their energy feels like. It is important to know their energy so you know who is there. For example, if you are having an emotional or physical issue, your Healing Guide is with you. If you are having difficulties dealing with life and need to see the big picture, you can call on your Doctor Guide for help.

JOY GUIDE

The Joy Guide is also known as the "Gate Keeper". This guide does not allow any guides or energies through that aren't there for your highest and best purpose. It also helps when you are stressed or having trouble dealing with day-to-day life. It has an uplifting energy. It can help you find humor in the darkest times. The Joy Guide can appear as an elf, sprite, fairy, or even a childlike figure.

HEALING GUIDE

The Healing Guide is the guide that helps when you are in need of healing: physical, emotional, mental, and energetic. This guide also aids healers when they practice healing work. These are the guides called upon when Reiki or other types of energy healing is done. They may be present with your doctors, nurses, and others in the medical field. The Healing Guides can appear as doctors, nurses, shamans, and any other healing individuals.

PROTECTOR GUIDE

In Modern Spiritualism, the Protector Guide is also known as a Native American Guide. This is the guide that works to keep us safe by creating the feeling not to go into a place, stopping an extra second before you leave the stop sign, and waiting a few minutes before you leave the house and then realizing you missed having an accident because you did. It is its job to make sure you are safe. The Protector Guide can come in many different forms but the one most notable is of a Native American, male or female, chief, warrior, or mother figure.

DOCTOR GUIDE

This guide is the one that holds all of the wisdom and guidance to help you in your life's path. It is the one that helps you grow, see things in a better light, understand how to accomplish something without knowing where to start. It is your go-to figure for understanding and seeking information. The Doctor Guide can come as a male or female. It can be a doctor, nurse, or look similar to a college professor.

MASTER GUIDE

This guide has not only been with you in this life, but also in all of your past lives. This guide holds all knowledge of your life path, your reason why you are here in this lifetime. Having the Master Guide by your side is like having all the answers to all of your life questions and tests in one place. He also helps with closing issues from past lives. The Master Guide can appear in many forms including religious figures or family members.

As with all guides, family members can be associated with them. "How can I connect to my guides?" is one of the most common questions I get asked and it is quite simple to answer: you can meditate to connect to your guides. You meet your guides rather than have someone telling you who they are. Why is this important? So that you know what they look like and how their energies feel in order to be aware when they are around you. Each guide has a specific place where you can meet him in your meditation. When I do the Spirit Guide Workshop I take the class to those locations. For example, when you wish to meet your Doctor Guide in your meditation, find yourself traveling to a large office with a library of books and a desk in the center of the room with a high back chair behind the desk for your Doctor Guide and a chair in the front for you to sit.

Allow your guide to appear to you. It is that simple. Remember that life is free will. If you say "I am not hearing anything or connecting to my guides", you might be blocking the information. You can always create a path for yourself in life and your guides will back you up. Realize that when you wish to return to your original path they will be there for you also. Your guides always have your back. As the saying goes, "When you see only one set of foot prints in the sand, it is not because you are alone, it is because I am carrying you". Have faith and the guides will be there for you every time.

The guides learn from you as well as you from them. Some have led a physical life and some haven't. Remember, for every physical lesson you learn or every experience you have on this Earth, the Universe and the guides learn from it, too. We are connected to the Source (or Creator) and with that we help the energies grow. We are a part of other people's paths and lessons as they are part of ours. All is connected.

Jay Higgins' certifications include Spirit Communication, Intuitive Development, and Energy Healing /Spiritual Healing. He has been involved professionally in the Spiritual and Metaphysical fields for the past 25 years. Jay is available for private readings, classes, message galleries and private parties.

Visit www.jayhiggins.net



What Is Being Spiritual?

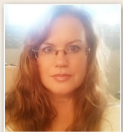
by Beth Brown-Rinella

This is a question I have heard quite a lot in the last couple of weeks. The question was raised over and over when someone in my community was behaving in a way that people kept saying "wasn't spiritual". What IS "being spiritual"? Is being spiritual always coming from kindness and acting in a peaceful manner? Is it denying your emotions while breathing deeply and saying things like, "that's the way it is" or "if that's how they feel"? Is it quoting spiritual leaders? Is it living in perfection, not allowing any negative emotions to bubble up and out of you? Does being spiritual mean that you shouldn't feel the way you are feeling?

No!! Being spiritual is an action, a mindset, a goal. It is striving towards unconditional LOVE in the face of human emotions and situations. Being spiritual is in the allowing of others to be who they are here to be without judgment. It is watching without attachment all that is going on around you. It is accepting what others do without judging them and hoping that they will get the lesson. Being spiritual is trying to understand the deeper reasons for why people do what they do, and loving them anyway. It is the HOPE that when someone is rude or lies, you can look beyond their words and see that they are hurting. Therefore, those words shall not affect you. It is the hope that when wrongs are committed against you, you can find a peaceable way of solving them, instead of going to war over them. It is not about denying your emotions; they are our guideposts to understanding ourselves. It is about seeking to understand WHY you are feeling the way you are and then deciding what to do about them. It is to stop the knee-jerk reactions.

As life unfolds in all of its messy, ego-based, fearful, and selfish ways, strive to control the chaos internally and act with kindness and understanding. In every moment aim to come from a loving place, even when your "human side" is showing! When you are trying to "be spiritual," you are TRYING. Period. Sometimes that is enough. Taking that in-breath, calming yourself enough to examine why you feel the way that you do in a situation, seeking to understand why others are behaving in a certain manner, and finding a loving and peace-filled outcome is often the way to "BE SPIRITUAL!"

Namaste!



Beth is the owner of **Goddess I AM** Healing & Art Center in Naples, FL. (See ad on page 29) She is available for appointments by calling 239-228-6949. Long distance and in-person readings are available.

*AS SOON AS YOU
concern yourself with the
"good" and the "bad" of your
fellows, you create an opening
in your heart for maliciousness
to enter. Testing, competing
with, and criticizing others
weakens and defeats you.*

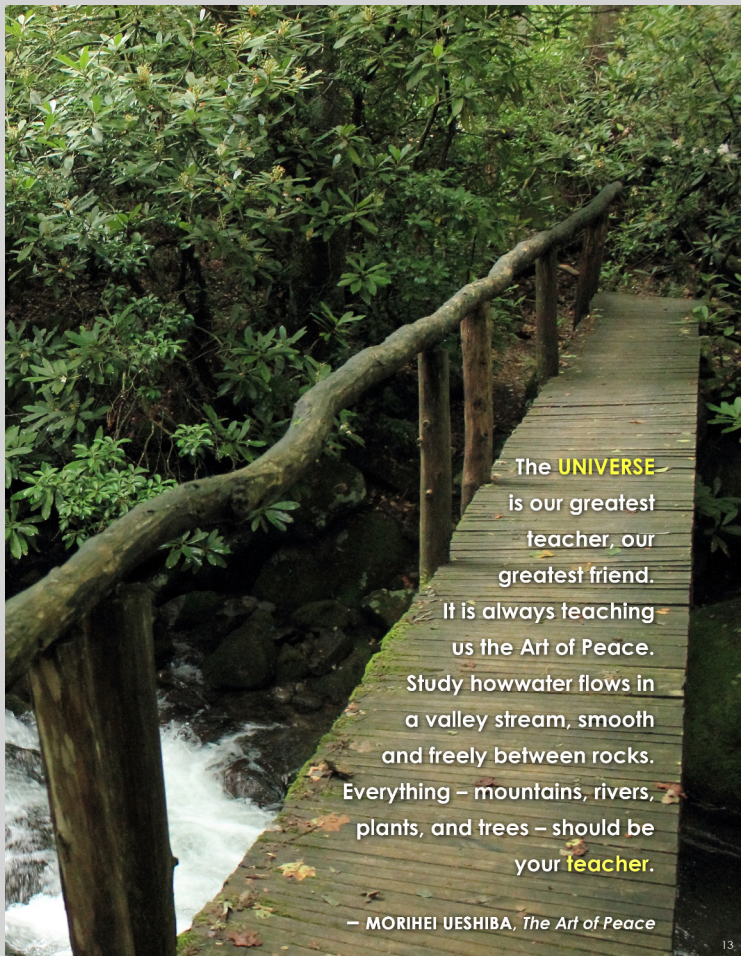
— MORIHEI UESHIBA



PHOTOGRAPHY
by Anna Krecicki

PHOTOGRAPHY by Laila Kuhl-Kalantari





The **UNIVERSE**
is our greatest
teacher, our
greatest friend.

It is always teaching
us the Art of Peace.

Study how water flows in
a valley stream, smooth
and freely between rocks.

Everything – mountains, rivers,
plants, and trees – should be
your **teacher**.

– MORIHEI UESHIBA, *The Art of Peace*

FLOWER ESSENCES: Not Just Another Aromatherapy



Flower essences are liquid infusions of flowers that work through the acupuncture meridians to enhance state of mind within minutes. They do not have a scent and are traditionally taken internally. While they may also stimulate physical healing, they are used mainly to promote awareness of emotional, mental and spiritual imbalances.



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TRUE BEAUTY IS HAPPINESS

LOTUS WEI products bring the joy of nature back into people's lives and aim to catalyze a worldwide ripple effect of positivity. They have a transformative effect on people within days, as well as cumulative over time. **Wei** is Mandarin for 'transformative action for the benefit of all'.

ELIXIRS

Taken sublingually, no scent
Enhance state of mind through the acupuncture meridians
Blend of 5 flower essences in each bottle

MISTS

Mist lightly around your face and shoulders
Combination of flower essences and organic essential oils
Also spray on pillows, sheets, and loved ones

SERUMS

Luscious skin serums for the face that boost your mood
Certified organic plant oils infused with calendula, vit E
Flower essences & essential oils = radiant, clear skin

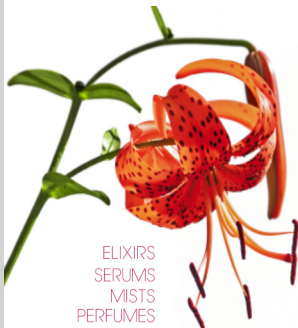
PERFUMES

Roll-on perfumes in an organic grape alcohol base
Flower essences & organic essential oils
Apply five times each day to enhance state of mind

You will notice peace, clarity, and insight within days. For each person it is different - some notice benefits within one day, others notice shifts in mood/mind within a week. You'll also sleep more deeply and in general experience less stress and more empowerment. You'll more often be at your best.



Lotus Wei Flower Essences
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SERUMS
MISTS
PERFUMES

- Dissolve stress naturally
- More peace, clarity, and happiness
- Feel better and look radiant
- Beauty from the inside out
- Accelerate personal growth



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Spring



Innocence, truth, integrity

white

Photos from Google Images

COLOR THERAPY: WHITE

White is most often associated with innocence, perfection, the truth, purity, honesty, goodness, cleanliness, new beginnings, compassion and wisdom.

POSITIVE ASPECTS

Integrity, Honesty, Simplicity, Truth, Awareness, Purification, Cleansing, Sensitivity, Compassion, Determination, Openness

CHALLENGES

Intensification of all emotions

CHAKRA: Crown & 9th Chakra

CRYSTALS:

Selenite, Clear Quartz, Herkimer Diamond, Clear/White Calcite, Apophyllite, Clear Topaz, White Opal, Moonstone, Danburite,

COLOR THERAPY

(Also called Color Therapy or Chromotherapy) is the use of color as a healing tool to create balance and restore health in certain areas of the physical body as well as in the mental, emotional and spiritual areas. White can be utilized in different forms when applied in Color Healing. The most commonly used modalities include Crystal Therapy, Visualization, Color Silk Therapy, and Colorpuncture. Surrounding a person with "White Light of Healing and Protection" is commonly used in energy healing.

ATTRIBUTES

White is composed of all the colors of the visible spectrum of light: it is all color together, in perfect harmony. Consequently, white contains the complete energy of light. In this sense, it represents wholeness and completion. In Yogi traditions, it is the color of ultimate wisdom and assimilation of all life lessons. White is the color of new beginnings, as well as clear endings. It represents perfect balance and harmony. White is the color of the awakened Spirit, the Divine Light, the light of the Cosmic Consciousness.

White light is believed to raise the vibration of the body, bringing harmony in all aspects of life. Directing white light to a part of the body that needs to heal is one of the fastest and most effective ways to bring about healing on an energetic level. Directing white into the aura helps stimulate the person's own divine nature into healing the self.

Did You Know?

White is the color the human eye sees when it senses light containing all the wavelengths of the visible spectrum. Most white animals have their color as a form of camouflage in winter. In China, mourners wear white, because it's the color of winter when all things return to the earth in a dormant state. In the West, white has become traditional for weddings as it symbolizes purity, innocence, and new beginnings.

WEARING WHITE

Incorporate white into your wardrobe when you need clarity, a fresh start or a new perspective. White could help you clear away emotional clutter and mental "chatter".

WHITE IN THE HOME

White can be used freely anywhere in your home, especially to contrast with brighter colors. White is the most versatile color that can help brighten the energy of any challenging room. It will also make smaller rooms feel more spacious. Having a fresh, pure white space will soothe your psyche and spread healing feng shui vibrations throughout your home.

Disclaimer: This page is proposed for informative purposes only. It is not intended to provide medical advice, diagnosis or treatment. Views expressed here are suggestions only.

SOURCES:

Healing with Crystals and Chakra Energies by Sue & Simon Lilly,
www.deeptrancenow.com/colortherapy, www.fengshui.about.com
www.energyandvibration.com/colorwhite, www.wikipedia.org/wiki/White



YOU ARE WHAT YOU LOVE

Excerpts from the book *Wisdom Rising* by Vaishali
PART 2

"How can God Consciousness create a learning experience of itself it did not need?"
- Emanuel Swedenborg (1688-1772)

The link between love and attention is synonymous because of the Eastern definition of our spiritual nature. Spirit is awareness itself. Spirit is inseparable from awareness, consciousness, or any other buzzword you'd like to use for it. Consciousness is what we bring with us when we come to the Earth plane. It is also what we take with us when the body expires and we shed the mortal coil. Awareness is our Divinity, our God Juice so to speak. Therefore whatever we give our attention to, we are empowering with life-giving energy. Suddenly the value of being more discriminate with our attention seems like a Spiritually mature and Enlightened thing to do.

Emanuel Swedenborg offers great practical advice when it comes to how to manage our awareness in our every day lives. Swedenborg suggested that we only give our attention to what lives in Heaven. For the sake of this sharing we are going to define Heaven as a place of existence (or state of being) that is unlimited, and hell is the opposite. Swedenborg says when you find yourself giving your attention to something outside of Heaven simply stop, put it down and return your attention to Prime Source. Brings a whole new meaning to keeping your "eye on the prize". Swedenborg goes on further to explain that we have to live according to our love. If you love what lives in Heaven then you will become a good resident of Heaven; if you love what lives in hell then that will become your mailing address and that is where you will find yourself living. Seems that is enough right there to inspire an attention ascension.

Swedenborg started out as a great scientist. As such, he'd rather we prove this shared wisdom to ourselves than take his word for it. When we as Spirit adopt a physical body it comes complete with a nervous system. Swedenborg says that the purpose of this sensory feedback mechanism is that it keeps us real about what we are giving our attention to because now we have to feel it. So how can we be sure if we are surrendering our attention to something that truly has our best interest at heart? Well, how does it make you feel? When you tell yourself that you do not and never will have enough time, love, money or opportunity, how does that make you feel? When you convince yourself that you need to foster a story (with your attention) that your butt is so big it is generating its own gravitational field just to keep you from devouring another box of Twinkies, ask yourself how does that communication make you feel? Could there possibly be a kinder, gentler route one could navigate awareness through such as, "Body, beloved friend, I love you, I care for you, and I will only give you the highest food respect I can because I value your health and well-being." How does the communication you give your attention to feel? The feeling feedback we get is the "keep it real" arena that Prime Source has blessed us with. If we monitor these feelings, we can minimize confusion and uncertainty.

When we run an inner dialogue that qualifies everyone on the freaking planet as having the I.Q. of an amoeba (except ourselves of course) how does that make us feel? Frustrated? Annoyed? Superior in a mean spirited way? Giving our attention to a story that our personal Divinity is greater than the God consciousness of others clearly is not something running rampant among the Angels in Heaven. And what is it that makes us humans so vastly different from the Angels? The Angels are infinitely better practiced at policing their attention and arresting all non-Heavenly violators.

Swedenborg used to say that if we want to live in Heaven we have to start practicing living there with our attention. If all we ever practice is seeing and living our lives as separate from the Angelic community how will we ever find ourselves dwelling there? Swedenborg advises us to talk with the Angels, to give them our attention as an enlivened, love-devoted relationship in our here and now reality. When we find ourselves entertaining anything outside of Heaven's Gate simply hand it over to the Angels. Surrender to Heaven whatever does not belong in Heaven. Let go and let God recycle the energy into something more useful like happiness, a playful attitude and a generous Spirit.

What we give our attention to is the highest form of inner Spiritual alchemy available to anyone. The physical outer-world based alchemy reality is simply a metaphor for turning the heaviest of our thoughts (the lead) into the purest gold of our focused attention; and unlike the arduous exterior atomic version of alchemy the inner can be accomplished in an instant, in the blink of an eye, without expensive equipment, nasty bad smelling acids or cluttered laboratories. Inner alchemy happens as quickly as it takes to release the dark and turn towards the Light. Another perk of inner alchemy is that all the inner gold you make you actually get to take with you! I'd like to see Dupont Laboratories touch that one! (I may not be an alchemist or a scientist but I did stay at a Holiday Inn last night.)

When you are watching your mind (your attention) you are also in the present moment. Being aware of where you are going with your mind is like strapping on a seat belt that keeps you firmly in the here and now driver's seat. The times when you lose track of what you are doing with your attention is when you are most likely to start projecting off into the future or withdrawing to relive some past event. Watching the flow of our awareness keeps the present moment on the radar screen. Letting the mind wander without consciousness to what you are loving, what you are making your God, is when the "you are here" red blip drops off the radar and the plane starts to lose altitude. This is the entire purpose behind practicing any form of meditation; it keeps you in the now watching the thoughts come up and practice letting



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them go. If you never practice opening your mind and letting go of your "stories" how will you have that skill when you need it? Let's face it, most of us are extremely well versed in remaining as attached to our self-destructive, self-sabotaging thoughts as a great white shark to its lunch. We bite down hard and fast and are determined to swallow everything (including the wrapper) whole. We need to become as proficient in the recognition of what is wasteful in our minds and attention (and then releasing it) as we are in mindlessly accumulating the unwanted and the life diminishing. As they say in the business world, "you can't make chicken salad out of chicken @#!". Watching what we are doing with our love supports us in detoxifying our minds and Spirit from our earlier unconscious and ignorant bad habits. It seems ironic that we give more attention to how our car affects our image (or what brand of beer we drink) then we do to how much of our attention we are freely returning to Heaven so that we may live there!

Consider the expression "paying" attention. Like Swedenborg says: you love whatever you give your attention to. If you pay for it you might as well get your money's worth. Are you paying for a "asset"? Are you getting a brand new Spiritual BMW or are your spiritual dollars going for a "liability", a broken down old Yugo that's got a rear window defroster for the sole purpose of keeping your hands warm while you push it to the repair shop in knee deep snow during a winter freeze?

Aligning ourselves with the truth that you are what you love and you love whatever you are giving your attention to is why every Spiritual creature is having a physical experience. Having the Blessed opportunity to feel the truth of that higher Spiritual reality, in an arena we cannot fake, is why the Earth was created. Surrendering our free will and attention only and solely to what resides in Heaven (no matter what the physical world throws at you) is the life purpose of every person, everywhere, throughout all of time. If all of that is not enough to convince you that watching your attention is the definition of Spiritual maturity and success...then I've got some property in hell, uh, I mean on the outskirts of Heaven, I'd like to sell you!

What's Enlightenment Got To Do With It?

Emanuel Swedenborg used to say that enlightenment is not a doing thing it is a remembering and forgetting thing. In other words, we do not reach enlightenment by doing something. If doing were the doorway to enlightenment then every workaholic would be fully self-realized by now and clearly that is not the case. No, it is not an accomplishment achieved through doing.

What Swedenborg is saying is that the purpose of human existence is for us to realize that there is nothing useful in giving our attention to anything limiting. He says that we are here to practice giving our attention to what dwells in an unlimited place to the exclusion of all other thoughts. He says that the best way to live that is to remember the truth:

*You do not have Divine Love; you are Divine Love.
You do not have value, power and worth;
you are value, power and worth.*

Swedenborg goes on to say that because we do not have God Consciousness (we are God Consciousness) we cannot create a learning experience we do not need. He asks, "How can God Consciousness create a learning experience of itself it did not need?" God Consciousness apparently has the power to do a lot of things but create something it did not need is not one of them. Swedenborg encourages all of us to remember that we are all working towards enlightenment the fastest most efficient way that we can. We do not have the power to do anything else. This means putting down all our old tired stories about how we or others did not do it right or are not good enough; setting aside our deeply ingrained habit of criticizing others and ourselves. Imagine what life would be like if everyone remembered to trust in themselves and in the self-corrective power of their Divinity?

Vaishali

"One of the things that I have always felt needed upgrading, more than our technological toys, is our concept of Spirituality. Love is our inherent nature. Love is not who we are, but rather what we are! Love is inseparable from what we give our attention to, because as God consciousness, we do not have awareness, we are awareness. My life's journey has been about demystifying the mystery of why we are here. I have survived almost every possible personal challenge anyone could face. These experiences created the venue for practicing Love Now and a heartfelt appreciation on how to understand the purpose behind human life when all is so bleak.

The 18th century scientist, philosopher and spiritual explorer Emanuel Swedenborg profoundly influenced my life. His wisdom permeates all my work and is the title to my first book, as well as the focal point of my teachin: you are what you love, and you love what you give your attention to."

www.purplev.com



TRANSFORM YOUR HEALTH

Simple Yet Efficient Ways for an Energized and Healthier Life

by David Dancu, ND, JD

PART 3: HEALTHY FATS

We live in an era when advertisements proclaim daily that we need to ingest low or no fat foods. The intent of these ads is simply to sell products, but there is an underlying component: the relationship of fats to cholesterol, which is another agenda-driven phenomenon. Their general implication is that *fats cause weight gain, obesity, and high cholesterol levels*. However, this statement is not entirely accurate.

The issues surrounding the relationship between fats and cholesterol might be confusing for some, especially those lacking a background in nutrition and biochemistry; therefore, I'd like to provide a basic understanding of the impact they have on the intricate workings of the body.

Both cholesterol and fat belong to a category called "lipids". Lipids are defined as organic compounds that do not dissolve in water and include fats, oils, waxes, sterols (including cholesterol), and triglycerides. But fat and cholesterol are not the same.

FAT

Fat is found both in food and in the body. In a dietary sense, when we talk about fat, we are talking about fatty components in food that contain large amounts of calories and are considered *fattening and unhealthy*. But not all dietary fats are bad. In a scientific sense, fat is a nutrient. It is crucial for proper bodily functions. Not only does fat supply us with energy, but it also makes it possible for other nutrients to be absorbed. Fat also carries fat-soluble vitamins (A, D, E, and K) throughout the body to perform many important functions.

There are different types of dietary fats. Some are beneficial and some are not. There are fats, such as trans fatty acids and saturated fats, which are not healthy (bad fats); and fats such as polyunsaturated fatty acids and monounsaturated fats, which are healthy (good fats).

CHOLESTEROL

Cholesterol is a naturally-occurring substance found in plants and animals. Cholesterol is not fat per se, but a fat-like, waxy chemical compound. There are two different types of cholesterol: **blood cholesterol** (produced by the liver to help build cells and a membrane around the cell to protect it) and **dietary cholesterol** (this type comes from foods consumed).

Cholesterol levels in the body are measured by counts of blood cholesterol carriers: low density lipoprotein (LDL or "bad cholesterol") and high density lipoprotein (HDL or "good cholesterol").

HDL is one of five groups of multiple proteins, but is the only one of the five that transports fats away from cells, artery walls, and tissues. Good cholesterol (HDL) provides certain benefits and aids physical needs in the body, which include: the manufacturing and balancing of hormones; utilization of Vitamin D; creation of bile salts in the liver (which stabilize fats in the digestive tract); protection against free radical damage to the cells; 25% of its concentration in the brain which aids serotonin

Photo from Google Images



function; assistance in the repair of damaged cells, and aiding intestinal function to avoid digestive problems.

LDL, on the other hand, clogs arteries as it transports fats into the cells and arteries, collects in the vessels, forms plaque that narrows arteries and limits adequate blood flow, which in turn can increase risk of stroke and raise potential for heart disease.

So what is the correlation between fats and cholesterol?

Simply put, the amount and type of dietary fat we consume could affect blood cholesterol levels. Health problems may arise when LDL levels are elevated, and HDL levels are too low.

But enough science, as by now, with droopy eyes and loss of focus from technical jargon, you should have a slightly better grasp of the relationship between fats and cholesterol and probably are ready for a more practical approach to healthy fats versus bad fats in your daily food routine.

GOOD VS BAD FATS

I worked with a woman several years ago, who came to me with various ailments including arthritis, fatigue, sleep issues, mental foginess and several other conditions. As I normally do, I asked her about her diet. She said that for years, she had eaten a complete no fat diet, because she learned and strongly believed that fats caused weight gain and heart problems. It was difficult for her to consider changing her diet, but eventually she acquiesced to a low fat diet. Ultimately, she accepted the importance of good fats and saw improvement.

Let's take a look at the food items that increase LDL: animal products such as meat, poultry skin, bacon; high fat dairy and vegetable fats that are liquid at room temperature; hydrogenated oils, which are trans fats and have little benefit, like margarines; and processed foods.

The question becomes, do you eliminate or do you reduce? There is no clear answer, as each of us reacts differently to certain foods, including LDL concentrated fats. The solution for some may be as simple as reducing the bad fats and increasing good fats in their diets. Some may decide to eliminate foods that increase LDL completely.

LDL can be reduced with the intake of good fats, such as lean, free range proteins, oatmeal (although if there is a tendency to cold sore outbreaks, be aware that oats have a higher concentration of arginine than lysine and can cause outbreaks). Omega 3 fatty acids (found in cold-water fish, such as salmon, mackerel and herring; as well as nuts and seeds), olive oil, and free range or organic dairy products, except milk.

When I first came to Naples from Colorado, some 18 years ago, I had several discussions with doctors and health practitioners about the benefits of eggs and the advantages of their fat, proteins, and nutrients. Many had been under the impression that eggs needed to be consumed in moderation because of cholesterol issues. Part of that mis-information came from the soy bean industry, when after World War II, entrepreneurs with big dreams of Far Eastern food links pushed soy oils and soy bean products as lower in cholesterol than eggs. And, when I say pushed, I mean significant agenda-driven, non-scientific based propaganda. Eggs do contain cholesterol, but a type that is beneficial for the heart.

With the intent to increase HDL one should consider the consumption of the following good fats: eggs, 1-2 glasses of red wine 3 times a week; high levels of cacao dark chocolate, but in moderation (another item high in arginine), coconut oil, pharmaceutical grade fish or krill oil, blueberries, almond butter, almonds (although it may slow thyroid function if eaten raw), walnuts, beans and lentils, wild salmon, avocado, chia seed oil, olives, and sunflower seed butter. Fatty fish is another alternative, but the questions of contaminated waters or mercury content always need to be evaluated.



Photo from Google Images

In spite of advertisements, fats are not the bane of our existence. Healthy fats, when eaten in conjunction with lean proteins and complex carbohydrates, create an energized system, maintain supple skin, aid in the manufacture of fluids for the joints, are heart healthy and brain supporting, and assist in the delivery of various vitamins and minerals.

As we grow older, our bodies tend to need more attention and care. Eating in a way that supports those needs is paramount to a healthier, happier energized life with longevity as a benefit. Perhaps more importantly, teaching our children and grandchildren these concepts and eating habits will perpetuate generations of healthy, long living descendants.

DISCLAIMER

The above statements and suggestions have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent disease. Consult a practitioner.

If you have questions concerning health issues and are interested in a holistic approach, email us at WhiteLotusMagazine@gmail.com

DAVID A. DANCU, ND, JD
is a Naturopath with doctorates in law, homeopathy and naturopathy, with 41 years experience in law and 27 years in alternative health practices. He can be reached at **239 434-2497** or email at DDancu@gmail.com.



ALL LIFE DEMANDS
STRUGGLE. THOSE WHO
HAVE EVERYTHING GIVEN
TO THEM BECOME LAZY,
SELFISH, AND INSENSITIVE
TO THE REAL VALUES OF
LIFE. THE VERY STRIVING
AND HARD WORK THAT WE
SO CONSTANTLY TRY TO
AVOID IS THE MAJOR
BUILDING BLOCK IN THE
PERSON WE ARE TODAY.

— POPE PAUL VI

Lovers Key





PHOTOGRAPHY BY MICHAEL EVANICK

Crystal Therapy: CLEAR QUARTZ

Photos from Google Images

ATTRIBUTES Healing, Soul Cleansing

ELEMENT Storm

CHAKRA All, Crown

SIGN All

MINED Worldwide

Quartz (Silicon Dioxide) is the most common and widespread mineral in the earth's crust. It is a component of many types of rocks and minerals. Impurities and inclusions of other minerals give the quartz family the greatest variety of any crystal. The purest form of quartz is known as "rock crystal" or Clear Quartz. It can form as clusters, single crystals, and as massive aggregates.

Cultures all over the world have used Clear Quartz for various healing and religious purposes throughout the history of humanity. Some people wear Clear Quartz regularly to repel negative energy or to help with clarity of thought. Many people meditate with Clear Quartz to facilitate a connection with higher realms or with the higher self.

BENEFITS

- Brings heightened spiritual awareness
- Amplifies one's thoughts and intention
- Enhances higher states of consciousness
- Absorbs, stores, releases, and regulates energy
- Strengthens the energy systems of the body
- Brings stability and calmness to the mind
- Aids concentration and unlocks memory
- Protect against negativity
- Enhances the vividness of dreams
- Amplifies the effect of other crystals

POSITION

Wear or place as appropriate. Clear Quartz can be placed in any space for protection and into healing or meditation rooms to create a safe space, to facilitate spiritual healing, and to enhance meditation. Single points and wands can be used in energy healing; placing the point towards you can draw in energy, and away from you can draw off excess energy.

GRID

Grids can be formed with Clear Quartz for protection of an area or for specific programs. Smaller points or tumbled pieces can be added to a grid to amplify the intent and the energy of other crystals in the grid. A larger single point of Clear Quartz can be used as the center stone or master crystal to hold the energy of the grid.

MEDITATION

Holding or placing Clear Quartz just above the head during meditation can assist with the activation and clearing of all the chakras, especially the Crown chakra, and also significantly deepen the meditation.

Clear Quartz has a very high vibration and it is probably the most versatile healing stone among all crystals. Clear Quartz is believed to protect against negativity and help you attune to your higher self. Quartz crystals are very programmable and have a tendency to hold a program much longer than other minerals. The "Stone of Power", Clear Quartz amplifies energy and intention. Using clear quartz can help you raise your consciousness towards enlightenment. It absorbs, stores, releases, and regulates energy. Clear Quartz draws off negative energy of all kinds; it balances and revitalizes the physical, mental, emotional, and spiritual planes. Clear Quartz enhances psychic abilities; it also aids concentration and unlocks memory. It's a deep soul cleanser, connecting the physical dimension with the mind. Clear Quartz works on all areas of the mind and body: awakening, healing, amplifying and transmitting energy, and clarifying thought processes. It is an excellent stone for meditation, directing energies with more intensity. It connects to the higher self and allows access to your spirit guides. Clear Quartz provides clarity of thinking and awareness.

HEALING

Known as the "master healer", Clear Quartz is a powerful healing stone for any condition. It harmonizes all the chakras* and aligns the subtle bodies*. It's especially beneficial for the Crown Chakra. It is believed to stimulate the immune system and the nervous system. It may also soothe burns and relieve pain by directing excess energies away from the area of concern.

NOTE: Clear Quartz needs to be cleansed periodically, especially after energy work or contact with other people. This may be done by soaking it in saltwater solution over night, placing it in the sun, burying it in the ground or soil for a few days, holding it under running water, or smudging it with sage. In all cases, you may focus the intention for cleansing in the center of the crystal.

*CHAKRAS Energy centers of the body. The term comes from the Sanskrit word *chakram*, which means "wheel".

*ETHERIC BODY The first or lowest layer in the human energy field or aura. It is said to be in immediate contact with the physical body, to sustain it and connect it with the "higher" bodies.

Disclaimer: This article is proposed for informative purposes only. It is not intended to provide medical advice, diagnosis or treatment. Views expressed here are suggestions only.

SOURCE:

Healing with Crystals and Chakra Energies by Sue & Simon Lilly; *The Book of Stones* by Robert Simmons & Naisha Ahsian; *The Crystal Bible* by Judy Hall.

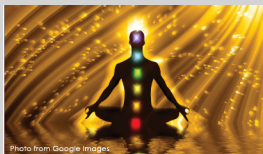


Photo from Google Images

The Crown Chakra links us to the highest sources of guidance, cosmic understanding, and interconnection with all living beings and the universe.

Chakra Review: CROWN CHAKRA

- THE FOUNTAIN OF CONSCIOUSNESS

CHAKRAS are the energy centers of the body. These centers are often referred to as spinning vortices of subtle energy or whirling disks of light. The term comes from the Sanskrit word *chakra*, which means "wheel". There are seven major chakras located along the body (Root, Sacral, Solar Plexus, Heart, Throat, Third Eye or Brow, and Crown Chakra). The Earth Star Chakra is below the feet, and the Soul Star can be found above the head. Each chakra resonates with particular frequency of vibration. They transmit and receive life-force energy often called "qi" (pronounced "chee"), "prana", or "universal energy".

Each chakra represents life issues, corresponds to specific areas of the body, and stores information about us and our state of well-being (physical, mental, emotional, and spiritual). Understanding the information associated with the chakras allows us to see how each of those aspects affects our life.

The seventh chakra is called the Crown Chakra. Some locate it at the top of the skull (at the cerebral cortex), while others believe it is located just above the crown of the head. The Sanskrit name of the Crown Chakra is *Sahasara* (thousand-fold) and it is most often described in Yogi texts as a thousand-petaled lotus.

The main focus of this chakra is consciousness, understanding, and self-knowledge. The Crown Chakra is our link to the universal sources of energy and information. It focuses on what we experience as well as what we know and understand, and how we perceive our own existence. The Crown Chakra is responsible for the transition of our identities from individual ego to soul, linking us to the highest sources of guidance and cosmic understanding. It connects us with all living beings and the universe, enabling us to move into realms beyond the physical. This may often be experienced as meeting with nonphysical beings.

Opening the Crown Chakra is not so much about increasing our own consciousness, but rather opening ourselves to a higher source of cosmic understanding and expanding the mind so that it can embrace the field of universal consciousness.

The spiritual challenge of this chakra is hope and faith. Search for spiritual meaning and questions of life may arise: "For what purpose was I born?"; "What is the truth?"; "What is the deeper meaning of life?"; "Can I find that?". Failure to hear and respond to these questions can lead to anxiety and depression.

Signs of a blocked Crown Chakra can show as feeling disconnected from the self and feeling disconnected from a Higher Power, as well as apathy, materialism, greed, domination of others, spiritual cynicism, and having rigid belief systems. Imbalances can manifest as problems related to the pineal gland, immune disorders, cancer, nervous system disorders, learning disorders/difficulties, schizophrenia, multiple personality disorder, major depression, headaches, dizziness, brain tumors, amnesia, and cognitive delusions.

When cleared of stresses, a balanced Crown Chakra will allow a sense of clarity, lightness, and belonging flow through the whole chakra system, providing a broad understanding and a sense of spiritual connection. We may fix issues associated with this area and help facilitate the healing by clearing and balancing the Crown Chakra.

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SOURCES:

Healing with Crystals and Chakra Energies by Sue and Simon Lily; *Eastern Body Western Mind* by Anodea Judith; *The Crystal Bible* by Judy Hall; www.sunshinehealingarts.net/the-chakras

SEVENTH CHAKRA

NAME	Crown Chakra
SYMBOL	
LOCATION	The crown of the skull
SANSKRIT NAME	Sahasara
MEANING	"Thousand-fold"
COLOR	White, Violet
ELEMENT	Thought
SOUND OR MANTRA	"Om"
NOTE	B
IDENTITY	Universal identity
DEVELOPMENTAL STAGE	Throughout life
PLANETS / STARS	Saturn and Neptune
ASTROLOGICAL SIGN	Capricorn and Pisces
ESSENTIAL OILS	Jasmine, Frankincense, Myrrh, Sandalwood, Lavender, Rose, Basil, Rosemary, Gardenia
CRYSTALS / MINERALS	Diamond, Clear Quartz, Moldavite, Selenite, Pyrite, Herkimer Diamond, Clear/White Calcite, Apophyllite, Clear Topaz, Danburite
BODY / ORGANS	The muscular and skeletal system, skin, central nervous system
ENDOCRINE GLANDS	The pineal gland
STORED INFORMATION	Religious beliefs, past lives, how we define our own spirituality and our purpose in life
CENTRAL ISSUES	Awareness, spiritual search for meaning, issues of karma and grace, spiritual awakening, divine discontent
EXCESSIVE	Over-intellectualization, spiritual addiction, confusion, dissociation from body
DEFICIENT	Spiritual cynicism, learning difficulties, rigid belief systems, apathy, materialism, greed, domination of others
BALANCED	Open-minded, intelligent, thoughtful, aware, having a sense of spiritual connection, wisdom and mastery, broad understanding, ability to perceive, analyze and assimilate information
PHYSICAL DISFUNCTIONS	Energy-related disorders, depression, coma, migraines, brain tumors, amnesia, chronic exhaustion not linked to physical disorder, sensitivity to light, sound and other environmental factors
ADDITIONS	Religion, spiritual practices
TRAUMAS	Spiritual abuse, forced religiosity, blind obedience, misinformation, lies, withheld information, invalidation of one's beliefs
SPIRITUAL CHALLENGE	Spiritual quests and questions of your life: For what purpose was I born? What is the truth? What is the deeper meaning of life?
GOALS	Wisdom, knowledge, spiritual connection, consciousness
HEALING STRATEGIES	Meditation, reestablishing physical, emotional, and spirit connection, examine belief systems
FOOD	Air, incense, smudging herbs

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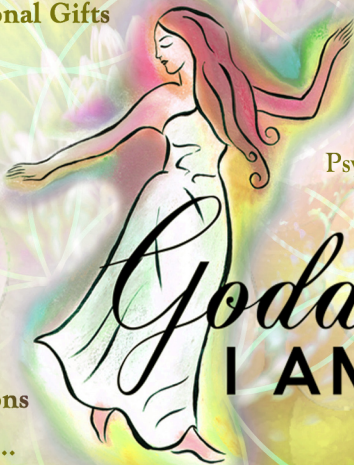
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*Balance
Calm
Purification*

Essential Oil of the Month: LEMONGRASS (*Cymbopogon Citratus*)

by Bethanny Gonzalez, Certified Aromatherapist

Lemongrass essential oil is extracted through the process of steam distillation of dried lemongrass. It is often used as an ingredient in perfumes, aftershaves, colognes, beverages, desserts and many recipes as a flavoring agent, where lemon is either not available or is not to be used because of its more potent flavor. It is widely used in Chinese and Thai cuisine.

AROMA:	Intensely fresh, rich sweet and sour
PROPERTIES:	Uplifting, cooling, refreshing, deodorizing
ELEMENT:	Air
PLANET:	Mercury
CHAKRA:	Solar Plexus



Photos from Google Images

www.gaiashealinggifts.com

BENEFITS for Massage & Skin Care

- Antifungal for the skin when blended with coconut oil
- Helps with fluid retention
- Helps in healing torn ligaments and muscle fibers
- Can reduce pain and inflammation
- Excellent insect repellent

EMOTIONAL USES

- Anti-depressant, especially helpful for apathy and grief
- Refreshes and uplifts a tired mind
- Beneficial for focus and concentration
- Boosts self esteem and confidence
- Relieves tension and anxiety

HEALTH BENEFITS

- Helps reduce fever
- Calms the nervous system
- Soothes inflammation and itching
- Facilitates absorption of nutrients into the body
- Works as antiseptic for external and internal wounds

METAPHYSICAL USES

- For spiritual cleansing and purification

DISCLAIMER: ALL INFORMATION CONTAINED WITHIN THIS PAGE IS FOR REFERENCE PURPOSES ONLY AND IS NOT INTENDED TO SUBSTITUTE THE ADVICE GIVEN BY A PHARMACIST, PHYSICIAN, OR ANY OTHER LICENSED HEALTH-CARE PROFESSIONAL. GAIA'S HEALING GIFTS PRODUCTS HAVE NOT BEEN EVALUATED BY THE FDA AND ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY HEALTH CONDITION OR DISEASE.

RECIPE

for Insect Repellent

- 1 cup Coconut Oil
- 4 drops Lemongrass Oil
- 8 drops Lemon Oil
- 8 drops Eucalyptus Oil

Use as needed.

for Skin Fungus

- ½ cup Coconut Oil
- 4 drops Lemongrass Oil

Apply to the affected area.



Lemongrass, like any other grass, grows and spreads very fast. In ideal conditions it can reach 3 to 6-foot high. Lemongrass has many culinary and medicinal uses.

*With Love and Light,
Bethanny
Gaia's Healing Gifts*

**THIS ESSENTIAL OIL IS AVAILABLE AT
GODDESS I AM HEALING & ART CENTER**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3 GOOD FRIDAY	4 ☉ FULL MOON TOTAL LUNAR ECLIPSE PASSOVER
5 EASTER PASSOVER CONT.	6 PASSOVER CONT.	7 WORLD HEALTH DAY PASSOVER CONT.	8 PASSOVER CONT.	9 PASSOVER CONT.	10 PASSOVER CONT.	11 PASSOVER CONT.
12	13	14	15	16	17	18 ☾ NEW MOON
19	20	21	22 EARTH DAY Lyrids Meteor Shower	23 Lyrids Meteor Shower	24 ARBOR DAY	25
26	27	28	29	30	1	2



April 4
FULL MOON

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 12:05 UTC. This full moon was known by early Native American tribes as the Full Pink Moon because it marked the appearance of the moss pink, or wild ground phlox, which is one of the first spring flowers. This moon has also been known as the Sprouting Grass Moon, the Growing Moon, and the Egg Moon. Many coastal tribes called it the Full Fish Moon because this was the time that the shad swam upstream to spawn.

METAPHYSICAL ASPECTS

Since the full moon pours down a tremendous amount of energy, you must be in a calm state of mind to receive a positive effect. Remember that whatever is going on in your body, mind and spirit will be amplified. Refrain from arguing and getting angry. Think positive thoughts. Envision your dreams manifesting. Meditate. Send blessings to people in need. The full moon is the time to stay calm, let things go, breathe deeply through difficult moments and forgive others for their mistakes.



April 4
TOTAL LUNAR ECLIPSE
BLOOD MOON

A total lunar eclipse occurs when the Moon passes completely through the Earth's dark shadow, or umbra. During this type of eclipse, the Moon will gradually get darker and then take on a rusty or blood red color. The eclipse will be visible throughout most of North America, South America, eastern Asia, and Australia. This moon has also been known as the Blood Moon.

METAPHYSICAL ASPECTS

It is believed, that this is the time when the veil between our world and the spirit world is at its thinnest. Use this time for spiritual growth.

April 24 ARBOR DAY

Arbor Day is a celebration of trees and their importance to providing shelter, stabilization for the ground, and beauty to the beholder. While Arbor Day is a US holiday, several other countries have adopted similar observances including Japan, Australia, Korea and Yugoslavia. In 1970, President Richard Nixon declared Arbor Day a federal holiday and it falls on the last Friday in April each year.



April 18
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 18:56 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

METAPHYSICAL ASPECTS

The new moon is the symbol of new beginnings. This is a good time to contemplate upon your true motive. Now you can tune into your Soul or Higher Self. Stay calm, and let your Higher Self give you a vision of your true purpose. This is a time to breathe in deeply and move into a calm state of mind. In this state, you can watch your emotions come and go and not be affected by them. In this calmness, you begin to see your life more clearly; you begin to see what is possible.

SOURCE:
www.seasky.org
www.cafeastrology.com
www.mindbodygreen.com
www.manspurpose.com
www.wincalendar.com



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1065 5th Ave N, Naples, FL
www.anahatanaples.com

Anahata is no longer the same entity as it has been. The day is complete and a new chapter begins... Susanna Tocco, former owner of Anahata Holistic Healing and Spiritual Center, has announced the recent changes: Anahata is morphing into a yoga studio and event room only and is now sharing space with Healing Arts Center, owned by a local and well-established acupuncturist, John Patton. The new center offers Acupuncture, Massage, Transformational Nutrition, Psychotherapy and Meditation. The Yoga staff remains at Anahata, as well as the current and future class schedule. The special guest events also continue as scheduled. Their website, Facebook, and telephone number has stayed the same, but Anahata no longer carries retail products. Staff members no longer offer private sessions for Intuitive Readings or Healings from this location. [All practitioner's contact information will be updated on the website so that you know where everyone has moved and how to get hold of them.] Please feel free to call Susanna if you have any questions. She is now on staff for the Healing Arts Center as studio manager. To book your class/event, please call (239) 262-0811.

Local News & Events

APRIL 2
7PM

CRYSTAL BOWL SOUND CONCERT with William Ward - at Goddess I AM Healing & Art Center. \$20 600 Goodlette Rd. N. Naples. 239-228-6949.

APRIL 3
7PM

CHANNELING w/Candyce - at Goddess I AM Healing & Art Center, as she channels the Emissaries of Love & Light & Archangel Michael. Join us for an evening of messages and healing from the Beings of Light with Candyce Stratford. \$35 600 Goodlette Rd. N. Naples. 239-228-6949.

APRIL 3
6PM - 10PM

FORT MYERS ART WALK - at Art for Acts Gallery. Alchymie pianist Jennifer Theuer Ruzicka and Native American flute artist Hung Ly perform as part of Fort Myers Art Walk. Ambient music with single, double, and triple Native American flutes live at the Art for Acts Gallery. Many talented local and regional artists and fun, all in the historic river district of downtown Fort Myers! Art for Acts Gallery, located at 2265 First Street, Fort Myers, FL. For more info, visit www.artforactsgallery.com.

APRIL 10
5AM - 8PM

EVENING PSYCHIC FAIRE - at Goddess I AM Healing & Art Center. Come for Mini-Readings with our experienced readers. We offer Angelic, Tarot, Psychic, Past Life, & Animal/Pet readings plus meet your Angels, meet your Animal Spirit Guide. Shop in Naples' largest metaphysical store. Cash for services. Appointments welcome. 600 Goodlette Rd. N., Naples. 239-228-6949

APRIL 18
2PM - 4PM

TESTIMONIALS - at the Naples Ballroom. Four alternative survivors discuss their difficult diagnoses, how they worked through it and their subsequent health recovery using alternative approaches. Cancer, bulging discs, and more. You will have an opportunity to ask questions of each panel member after they share their stories. **\$10.00** Naples Ballroom Company, 1644 Trade Center Way, Naples. Contact Linda at 518-522-8191 or lindarawfood@gmail.com

APRIL 18
11AM - 4PM

PSYCHIC FAIRE - at Goddess I AM Healing & Art Center. Come for mini-readings with some of Naples' most experienced readers! Shop in Naples' largest metaphysical store. Cash for services. Appointments welcome. 600 Goodlette Rd. N., Naples. 239-228-6949

APRIL 24
11AM - 5PM

Astrologer and Medium, Ray Settle will be available for 1hr readings. - at Goddess I AM Healing & Art Center. Call for appointments welcome. 600 Goodlette Rd. N., Naples. 239-228-6949

EVERY WEDNESDAY
6PM

MEDITATION - at Goddess I AM Healing & Art Center. Join Bethanny Gonzalez for a healing heart meditation. **\$5** 600 Goodlette Rd. N. Naples. 239-228-6949.

EVERY FRIDAY
10AM

MEDITATION - at Goddess I AM Healing & Art Center. Join Beth Brown-Rinella for a soothing, magical, guided meditation. **\$5** 600 Goodlette Rd. N. Naples. 239-228-6949.

YOGA with Janet Kuhl-Kalantari CLASS



Thursdays
9:30AM
in Studio B

Janet Kuhl-Kalantari received her Yoga Teacher's Training Certification through the 200-hour program at BV Yoga in Naples. She is a member and registered teacher with the Yoga Alliance. She has taught in many after school programs and also teaches yoga privately.



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All class fees are donated to Naples Ballet!

DOULA

Paula Terry, LMT

A doula recognizes birth as a key life experience that all in presence will remember for their lives.

LOVE



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"Paula is love. She is understanding, dedicated, passionate and comforting. Her helping hand is always out stretched. Having the honor of Paula being my doula will forever be incomparable and such a joyful, sacred place in my heart and mind. I would recommend Paula to anyone who is looking for the real deal." - Kati C., Naples, FL.

"I am still so thankful to have Paula comfort and support my wife and I through her pregnancy and to walk with us through this journey into parenthood. It was truly helpful to have her knowledge and experience when discussing and experiencing all things pregnancy." - Wesley O., Naples, FL.

"My husband and I knew in minutes of speaking with Paula that she would be our doula. She supported us mentally, emotionally and physically before and after our son's birth. I believe her presence in our lives helped keep us calm, happy and safe throughout labor and delivery. The emotional support she provided postpartum in the crucial first weeks made all the difference. We love you and look forward to you being our doula again, when the time comes!" - Ashlee O., Naples, FL.

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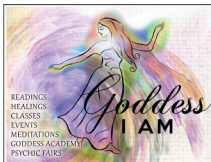
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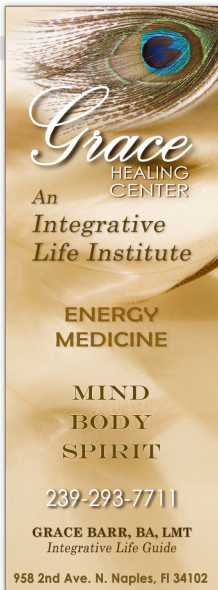
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