

White

SW Florida Edition

FREE

FEBRUARY 2015

Lotus

magazine

love
be present
be still
listen
learn
evolve
live

INSPIRATIONS FOR CONSCIOUS LIVING

*Allow every thought, word and
action to blossom from the heart and
witness love creating a better world.*

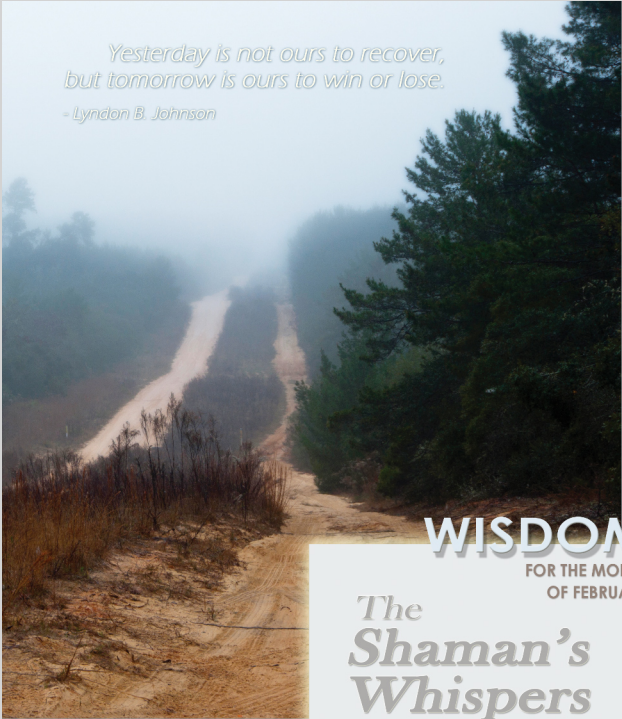
- OFFERINGS OF SPIRIT



PHOTOGRAPHY BY PETER GERESDI

... learn to see the world in its true light. It will
enable you to live pleasantly, to do good, and,
when summoned away, to leave without regret.

– ROBERT E. LEE



*Yesterday is not ours to recover,
but tomorrow is ours to win or lose.*

- Lyndon B. Johnson

WISDOM

FOR THE MONTH
OF FEBRUARY

*The
Shaman's
Whispers*

The Shaman's Whispers
is a monthly column, offering
bits of wisdom inspired by
Native American teachings.

This month's wisdom is based
on teachings of the Apache.

Looking behind, be filled with gratitude.

Looking forward, be filled with vision.

Looking upward, be filled with strength.

Looking within, be filled with peace.

Offerings of the Shaman Lady.



PHOTOGRAPHY by Laila Kuhl-Kalantari



Laila is a 16-year-old junior at Barron Collier High School. She enjoys writing, composing music, and also photography.

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.

– THOMAS JEFFERSON



I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

– MAYA ANGELOU



"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 paths 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 Editors*

White Lotus Magazine may be a small publication but it comes from the heart. Our genuine intent remains to inspire positive thinking, spiritual growth, and conscious living. We work diligently to gather meaningful and helpful information, along with inspirational quotes, and lovely photos. Our foremost goal is to create a quality publication which raises vibrations and enhances evolution by pleasing hearts, stimulating minds, inspiring spirits and putting smiles on faces. We continuously support local healers, artisans and business owners in sharing their insights, knowledge, and expertise by publishing their articles and features. We seek to help promote local companies with our free business directory and affordable advertising prices. We appreciate each new addition, whether it is a new article, a new advertiser, or a new helping member of the small, yet dedicated White Lotus team.

White Lotus Magazine is created with love. From the initial article ideas to the details of the graphic design, from each photo and quote selected to the proofreading, it is a process that exists through love and dedication. We have our challenging moments constructing (and containing) the content each month and increasing the number of copies at the same time. And clearly, there is demand for more copies. In order to expand, we'd like to encourage our readers to become part of White Lotus Magazine by supporting our mission and helping us grow this publication in any way they are able. We welcome content ideas, quotes, articles, subscriptions, advertisements, and monetary contributions.

Thank you for your kind and positive responses to our publication.

Anna Krecicki & SE Muller

COVER PHOTO

by Anna Krecicki



FEBRUARY



Table of Contents

- 8 OUT WITH THE OLD,
IN WITH THE NEW
by Beth Brown-Rinella
- 9 ANIMAL SPIRIT GUIDE
OF THE MONTH: HAWK
- 10 A SHAKE OF THE SPICE
by S.E. Muller
- 11 11 SIMPLE THINGS
YOU CAN DO TO RAISE
YOUR VIBRATION
- 13 POSTURE
by Susan DeFlavis Winters
- 13 CRYSTAL THERAPY:
CELESTITE
- 14 BUSINESS FEATURE:
ANAHATA
- 15 YOUR BODY
DOES NOT LIE
by Alvina Quatrano
- 16 COLOR
THERAPY: BLUE
- 18 AN OPEN LETTER TO
DAVID BRONNER &
THE GMO LABELING
MOVEMENT
- CONCLUSION
by Alan Smithee
- 23 TRANSFORM YOUR
HEALTH
by David A. Dancu
- 26 THE IMPORTANCE OF
RECOGNIZING AND
PROTECTING YOURSELF
FROM MANIPULATIONS
by Christopher Macklin
- 27 CHAKRA REVIEW: THROAT
CHAKRA - THE CENTER OF
SELF-EXPRESSION
- 28 ESSENTIAL OIL OF THE
MONTH: PALMA ROSA
by Bethanny Gonzalez
- 32 ASTRO
CALENDAR
- 33 LOCAL NEWS
& EVENTS
- 35 LOCAL BUSINESS
DIRECTORY

Out with the Old, In with the New

Unedited - as **CHANNELED** by Beth Brown-Rinella

"We are here as always to speak with you about the shifts and changes that will come in the year 2015. Such growth and opportunity for growth did present itself in 2014 - are you not ready for this new year? Well, you will see that the seeds that you have planted will begin to grow, allowing you to finally see progress being made. You will see also that there is much movement in financial abundance in 2015 - ideas bear fruit, intentions are made real, raises, introductions, new jobs, better opportunities happen. Be ready!! If you haven't already seen it begin - re-visit your seeds - plant the seeds you most desire and let go of all outcomes, and see what happens when you enter trust. Trust is a space of allowing what will be simply, TO BE. In all of its glorious beauty, trust that you are held - you are cared for, you are watched after, trust that there is a plan for you, Made by you. To be a full expression of who you are. Who you wish to be and what you wish to accomplish in this time on Earth.

This is precious time right now especially - never before have so many, had so much direct connection to their Higher Selves. That part of you which carries the plan, sees the whole beautiful picture for this life. Connection with your Higher Self will open up a new, profound mastering of personal knowing. Get to know the Soul aspect of you - that part of you which has no ego, no fear, no agenda - yet delights in you every day.

Dear Ones, the mix of this life is so much simpler than you create it to be. LOVE SIMPLY. Do not allow your focus to be upon earthly goods. Do not allow your heart to be darkened with revenge, lust, doubt of self or fear. Be kind. Seek to know yourself. Ask pointed questions: "Am I being kind?" "Am I just taking?" "What can I do to help?" "Am I being creative?" "I am living in my head or my heart?" "Do I set boundaries to block away from me people who treat my poorly?" "Do I allow treatment of myself which is not in alignment with what I wish in this life?" "Am I whole or broken?" "If I'm broken, what am I doing about it, am I getting the healing that I need?" "Do I focus on fear-based ideas?" "Do I focus on the negative or the positive?" "Do I make excuses for those with behavior I choose not to be around?"

People, now is the time to throw off the masks - the facades, the falsehoods that you shroud yourself with and become your authentic selves. Allow your truth to be on display - admit your fears - be willing to own them. Then take action to shift them. Seek to understand where these fears come from and if it is important to you, seek to release them, minimize the efforts to explain them, revisit them, re-hash them, get sympathy because of them. DO YOUR WORK!!

"What is my work?" you ask... Your work is to learn and understand that WE ARE ONE, WITH EACH OTHER AND GOD. So get out of thinking that you are not worthy, that you are not enough (not smart enough, cute enough, worthy enough, thin enough, valuable enough, great enough...etc).

This is a perceptual shift. A shift of Perception that you are somehow ONE with your neighbor who you do not like. That you are ONE with Oprah, ONE with a sheep herder on Greece, a rich man in Canada, ONE with a healer in California, ONE with the Priest-Rabbi-Guru, and most all, ONE WITH GOD/GODDESS.

So the work is to throw off the limitations you and your experiences in this life, and certain past lives have placed around your heart. Your inner knowings, your belief of who and what you are...Throw away labels - release them - see that you are MAGNIFICENT, AMAZING, STRONG, POWERFUL, CREATIVE, GOD-LIKE, GODDESS-LIKE, KNOWING, HEART LED.

You are so much more than these few words can describe. Know that what you think, you become. So think well of yourself. Do not falsify or do this part time - what you think all of the time, will create your reality. So if you are negative 30% of the time, you will create that, because you are still giving away that which is your strength - your belief that you and God are ONE.

If you squash those doubting thoughts and begin to only hold positive beliefs, positive thoughts by ALLOWING yourself and others their opportunity to create this life - you will find positive shifts. Sometimes you feel that you are the only Light in a sea of darkness - keep shining your Light. BE the Light. BE a way-shower. Minimize the time you spend with the negative people, minimize the time you watch negative TV, movies, and songs. Minimize the time spent watching and reading the news.

Instead, reading uplifting stories and watching movies with positive and hopeful themes will allow you to fight off doubt, fear and separation. Look for the good, the positive in all situations. See the role you play and if it is a positive one, celebrate yourself. If it is a negative one, then change. BE change. ALLOW change. Help others change. Ask how you can change your role in this situation. Be aware of yourself.

Am I positive? Am I holding my power? Am I letting the past control my future? All are relevant daily questions to ask.

Seek to understand yourself, get to know your Higher Self, seek to be in ONENESS with everyone, see that you are AMAZING AND POWERFUL, and you have the ability to shift and change that which isn't working in your life."

The Council of Light, Gathered in LOVE Ethereal Beings of Light, in service to Humanity

**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.**





Photo from
Georgia Images

ANIMAL SPIRIT GUIDE OF THE MONTH: *Hawk*

"ALL MY RELATIONS"

In North American Indian tradition, all beings in nature: animals, plants and minerals, are viewed with respect as partners, protectors and helpers. Reconnecting us with Mother Earth and Father Sky, these relations from the natural world share their wisdom to help us to weave together the outer and inner worlds to find balance.

According to the Manataka American Indians, a spirit guide is a divine entity. It can be anything in Creation that speaks to a person through dreams, physical appearance, magnetic resonance (vibration), or by signs, symbols, words, or any other method or means of communication.

American Indians give special recognition to the power of the animal spirits. They call the process of connecting with animal guides and other parts of creation being 'One with Nature.' According to their teachings, you do not choose an animal spirit guide, the spirit guide chooses you. They decide to whom they will reveal themselves and make their friend.

Animal spirit guides are often referred to as animal totems, power animals, and spirit animals. These terms may be interchangeable and describe either a physical or spiritual entity that acts as a guide, messenger or protector.

Discovering your animal spirit guide is a process of paying attention to the spirits around you and following the signs. It is a practice of developing your inner knowledge and spiritual understanding.

The lessons an animal guide could offer are determined by the type of guide it may be. Learning to differentiate between the kinds of totems is important to knowing how to react and the actions you will take when an animal guide makes itself known to you. Based on the Manataka American Indian teachings, there are four basic types of animal guides:

- **A MESSENGER GUIDE** quickly comes into your life and then leaves once a message is understood.
- **A SHADOW ANIMAL GUIDE** is one that invades you with fear. Its purpose is to teach a lesson you have not learned from repeated mistakes because of anger, greed, insecurities, or other negative thoughts. A Shadow Guide will return again and again bearing strong feelings of fear until its message is acted upon or a change in lifestyle or actions are incorporated into your life.
- **A JOURNEY ANIMAL GUIDE** appears at the fork in the road of your life. When a decision is made to follow a certain path in life, the Journey Guide is there to serve as a guide along the way. It represents a path that may take months or years to complete.
- **A LIFE ANIMAL GUIDE** remains a part of you throughout life and reflects your inner spiritual self.

"All my relations" is a Native American saying that refers to their belief of the oneness and harmony of all nature.

In Native American culture, the Hawk represents a messenger. It is believed to show up in our life when we need to pay attention to the subtle messages found around us. When it shows up in your life, you may experience rapid spiritual development.

If Hawk has flown into your life:

- Be aware that there is a message to be received and interpreted.
- Be observant and pay attention to what you may have overlooked.
- See the situation as it is rather than how you want it to be.
- Take time to study the situation. When action is called for, make it swift and purposeful.
- Be mindful of the task at hand; eliminate distractions.

If Hawk comes to your Dreams:

- To see a hawk in your dream may denote suspicions around you and your activities. You need to proceed with caution.
- Keep a close watch on someone or some situation.
- Sense the subtle meaning carried by the winds and spirit of change.

If Hawk is your Life Animal Guide:

- Optimism might be one of your strongest virtues.
- You probably love to share your visions of a better and brighter future. But it may be difficult for you to communicate your insights with others because the other person might not necessarily want to hear it.
- You are observant, creative, courageous and wise.

Ask for Hawk's help when:

- Focus and care are required to complete a project.
- Sadness has set in and your spirits need a lift.
- You need a new perspective in an emotional situation.

Always offer gratitude for gifts and insights given by your spirit animal.

SOURCES:

Animal Speak by Ted Andrews
Animal Spirit Guides by Steven D. Farmer, Ph.D.
www.manataka.org
www.spirit-animals.com/hawk
www.shamanicjourney.com

PHOTO BY
**DIANA
CALLEJA**



FRANKly Speaking

A monthly offering on health and nutrition



FRANKly Speaking is a tribute to one uniquely influential man in the lives of many in Southwest Florida. The late Frank Oakes was a 3rd generation farmer turned grocer and champion of organics. Frank may not agree with some of the ideas shared here but that would be nothing new in his friendship with my husband and me. That didn't stop us from loving him for his friendliness, knowledge, fervor and that brilliant smile. Here's to you Frank. Thank you for all you gave to so many. We were blessed to know you.

"Let food be thy medicine and medicine be thy food."

-Hippocrates, ancient Greek physician

A SHAKE OF THE SPICE - Health Enhancement Courtesy of Nature's "Farmacy"

by SE Muller

"The following is information and suggestion only. It is not intended substitute for qualified medical advice."

When it comes to seasoning, there is a world of wonder beyond the typical American favorites of sea salt (preferably nutrient dense Celtic or Himalayan), black pepper, garlic, oregano and basil. All spices offer flavors to tempt the taste buds but also provide oft overlooked healing properties. Expansion of your personal spice palate can lead to an improved level of overall health.

Utilizing nature's "farmacy" in the form of organic spices can help to address imbalances in the mind/body/spirit before they manifest in the system as dis-ease. Unlike the use of synthetic medicines, utilizing spices can help to re-harmonize the whole and build inner intelligence while correcting outer symptoms. Adding spices to foods and beverages provides a remedy in each bite and sip.

From immunity, digestion and appetite to congestion, circulation, nerves, sleep, and beyond, most aspects of the mind/body/spirit balance in need of healing can be improved with a spice. Some of the spices considered compatible (according to Ayurveda) with all mind/body/spirit constitutions (doshas) are listed below. (Each plant offers a number of remedies although only a few a listed here.)

CARDAMOM eases coughs, improves digestion and calms nerves.

CORIANDER enhances digestion, offsets spicy food, relieves gas and promotes urination.

CUMIN aids and eases all digestive issues (gas, stomach pain, diarrhea and nausea), kindles the gastric fire and improves the absorption of minerals in the intestines.

FENNEL boosts digestion, promotes breast milk flow and is a diuretic.

SAFFRON purifies blood, improves digestion and calms nerves.

TURMERIC improves digestion, strengthens immunity, decreases inflammation, and adds luster to skin.

Most spices are potent; a little goes a long way. They may be sprinkled onto foods or stirred into beverages; teas for example. Each person is unique so take time to experiment and enjoy discovering what combination suits your needs. The path to better health may just be through your organic spice rack.



Yams, sweet potatoes, squash, desserts and mucous forming foods - milk, yogurt, kefir and other dairy - are easier to digest with the addition of spices such as cardamom, cinnamon, cloves, coriander, ginger and nutmeg. (Pitchford pg. 210)



A pinch of ginger and cardamom added to coffee can help to neutralize coffee's stress on the adrenal glands. (Lad, pg. 208)



Spices with vibrational frequencies that can enhance the chakras:

CROWN CHAKRA	lavender
THIRD EYE CHAKRA	bay leaf
THROAT CHAKRA	star anise, clove
HEART CHAKRA	saffron
SOLAR PLEXUS CHAKRA	cardamom, anise
SACRAL CHAKRA	vanilla, pepper
ROOT CHAKRA	ginger

SOURCES OF INSPIRATION:

A Hamatbook of Chakra Healing by Kalashra Govinda
Ayurvedic Cooking for Self-Healing by Usha Lad
Healing with Whole Foods by Paul Pitchford
Eat, Taste, Heal by Yarema, Rhoda, Brannigan

ABOUT THE AUTHOR

SE Muller is a parent to two daughters and three bonus daughters, a former Montessori teacher, trained yoga teacher, trained shamanic reiki master with ongoing training in an energetic life in Earth school. She lives with her husband and two Bernese Mountain dogs in Naples FL, and remains ever humbled by and grateful to Spirit.



11 SIMPLE THINGS

you can do to raise your vibration

Vibration is a universal life force energy that is in all things. The level of vibrational frequency differentiates a palm tree from a river rock from a human BE-ing. Everything we do either raises or lowers our vibration. A stressful meeting lowers vibration while a peaceful walk in nature raises it. The protective state of high vibration enhances healthy mind, body and spirit and vice versa. The wonderful thing about a high vibrational state is that it is "reflected outward to the surrounding community where it is passed onward creating an ever-increasing ripple effect." (Macklin)

1. embrace a spirit of gratitude

Everything is a gift, either in the form of a blessing or a lesson. Give thanks for everything from each breath you take to whatever beauty you find gracing your life.

2. exude unconditional love

Let Love flow "...for every living being on this planet". What exactly is Unconditional Love? "Unconditional Love means to truly put yourself in another person's shoes and send him or her positive, loving energy from your heart without judgment, whether he is a beggar, a family member or a terrorist." (Macklin)

3. choose positive, happy entertainment

Take in "feel good" movies, theater, books, music, et cetera.

4. reduce your exposure to the negative

Most mainstream TV networks/radio stations/papers/magazines thrive on the negative, much of which is not truly relevant to or supportive of our individual lives on a day-to-day basis. If it is not something that you can directly change, it only serves as a distraction.

5. find a way to meditate

Meditation may help to release ego, discover your gift(s) and find the path you are meant to follow in order to expand these gifts. "For those concerned about sitting in the lotus position while trying to still your restless mind, rest assured that meditation takes many forms. Walking, painting, being silent, or doing whatever relaxes you and causes your thoughts to unfold will allow an inner knowing of things to come through." (Macklin)

6. practice mindfulness

Become conscious of your thoughts. Live in the present. "Doing this takes complete letting go. Take a look at what's in the here and now and understand that you are blessed." (Macklin)

7. learn something new

There are lessons all around, not just in formal learning situations. The experience of learning raises you to a higher vibrational level.

8. surround yourself with beauty

This is an easy way to enhance your feelings of gratitude (#1) and unconditional love (#2) when combined with #6.

9. adopt a change in attitude

"I get to..." rather than "I have to..." "Put a positive spin on each experience and see it as a blessed opportunity for spiritual growth and knowledge." (Macklin) Are you living in heaven on earth or hell on earth? We each have free will. What do you choose?

10. let go of worry

- especially about money. Have faith and trust that all is working out according to Divine timing; all is as it is meant to be for your learning on this path.

11. utilize your gifts

"Each of us has important gifts. ...Gifts may entail healing, instructing, painting, music, or expressing creativity of any sort. Creativity increases God's vibrational flow." (Macklin)

Grand Qigong Master Ou Wen Wei

COMING SOON
to Naples and
Bonita Springs
March, 2015

For reservations and
more information
call Susan Winters at
239-340-1036.

Schedule



Ou Wen Wei is well known as a qigong master, an author, a poet, a musician, and a calligrapher. He is the originator of Pangu Shengong (also known as Pan Gu Mystical Qigong) and serves as the president of the Pangu Shengong International Research.

After intensively studying ancient Chinese ways of preserving health, in 1990 Master Ou, in order to enable practitioners to absorb the life force of the universe and to temper and improve their own life force and immune systems, created Pangu Shengong, based on the physiology of the human body and the miraculous relationship between human beings and nature. Since then, Pangu Shengong has successfully treated many students with ailments such as cancer, heart disease, diabetes, rheumatoid arthritis, apoplexy, lupus erythematosus, and others.

For more information, visit
www.pangushengong.org

Date	Time	Requirements	Cost	Location
March 12, 2014	9-5:30p	Private Healing Sessions	None	70.00 822 Anchor Rode Dr, Naples
March 13, 2014	9-5:30p	Private Healing Sessions	None	70.00 822 Anchor Rode Dr, Naples
	7:30-8:30p	PGSG Moving Form Instructor Course.	6 months of Moving & Non-moving daily	360.00 TBA
March 14, 2014	9:10:00	Spiritual Cultivation (Lecture)	None	50.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 14, 2014	10:30-12noon	PGSG Foundational Qi Cultivation Form: Participants learn a Qigong Form that cultivates Qi to develop a strong energetic Body, healing the body from illness & injury to facilitate & maintain optimum health	None	120.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 14, 2015	1-2:15p	Non-Moving Form: Participants learn a Qigong form that cultivates energy for the different structures & functions of the brain & Central Nervous System to develop stronger sensory & cognitive function; improving memory, creativity, & also good for improving spinal cord conditions. Enhances spiritual development	Moving form	120.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 14, 2015	2:30-3:45p	PGSG Qigong healing Skill Development Healing Skills are taught to those interested in helping others recover from a wide Range of health conditions & / or injuries. Using both in person or distant healing Skills. This course assists both beginners & advanced practitioners improve their healing abilities; retakes are strongly encouraged	Moving Form	150.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 15, 2015	1:30-3pm	PGSG Intuition Development: Master Ou sends energy focused on the different structures in the brain to facilitate the development of intuitive abilities, participants receive a profound deep healing physically and spiritually, and Master Ou shares information he received during his personal development. New information is shared with each class.	Non-Moving Form	60.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 15, 2015	3:30-5pm	PGSG Advanced Condensed Form: This course has been designed for those who have been diligently practicing both the Foundational Qi Cultivation Moving Form & Cognitive sensory Development Non-Moving Form everyday for 6 months. Practice is necessary for 6 months to allow the body to absorb Qi at this accelerated rate. This form will cultivate Qi @ a rate 3x's faster than the foundational Qi Cultivation form	Moving & Non-Moving Form	150.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135



POSTURE

by Susan DeFlavis Winters

"Sit (or stand) up straight." Do you ever remember hearing this statement as a child? How did it affect you? Your attempts to stand or sit up straight might have involved arching your back, pushing out your chest, or leaning against the back of a chair for support. I was never truly comfortable attempting to remain in this position. I remember a feeling of uneasiness and tension while trying to maintain it. Perhaps my body was trying to tell me something.

According to Qigong Master Kenneth Cohen (1999), the above posture weakens the body. When the shoulders are pulled up and the back arched, this creates compression on the lungs, making it difficult for them to expand. Anxiety also results when there is difficulty expanding the lungs because of constrictors, which cause a decrease in the oxygen flow throughout the body. When the shoulders are pulled up, tension is created in the neck. This has been associated with headaches and neck and shoulder problems. The shoulders should be relaxed, and the chest slightly tucked. (Cohen, 1999).

When one is standing, proper Qigong postural positions include the above, along with feet being flat, toes pointed forward, ankles, wrists and elbows relaxed. The spine is straight, chin is tucked, wrists are relaxed, and armpits slightly opened. This posture allows the energy (Qi) to move smoothly through the joints, thus preventing complications from rigid joints. As a result, the body is in a relaxed state. There is tranquility and peace of mind which are important to maintain good health.

York University researchers Wilson and Peper discuss studies they have done on posture. Students and patients often report that when standing in an upright position with their heads up (not facing down), it is easier to create positive thoughts and images; slumped posture with the head down, on the other hand, makes it easier to access negative thoughts and images. This posture has also been observed in hospitalized patients that were depressed: the body was weaker in the slumped position (Wilson and Peper, 2004).

It is never too late to work on developing good posture. The benefits it brings surpass its neglect. You will be happy you put in the effort and your body will thank you for it!

REFERENCES:

Cohen, K., (1999) *The Way of Qigong*
Wilson, V. E. and Peper, E., (2004) *The Effects of Upright and Slumped Postures on the Generation of Positive and Negative Thoughts*. *Applied Psychophysiology and Biofeedback*, 29 (3), 189-195.

Susan DeFlavis Winters will be a guest speaker at the Food & Thought Health Freedom Summit coming this February. (See event details on page 23)



Susan DeFlavis Winters R.N., B.S.N., MMQ (China), is a Shamanic healer, Master in the healing arts of Qigong, and specializes in Chinese Energetic Medicine. Susan is an award winner of the 2008 International Conference on Health and Longevity, Beijing, China. She was awarded for her "outstanding contribution in Qigong to the world". Susan practices in Naples, Florida, and can be reached at 239-340-1036 or panguswf@gmail.com for a scheduled appointment.

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.



Crystal Therapy: CELESTITE

ATTRIBUTES	Angelic Communication
ELEMENT	Wind
CHAKRA	Throat, Third Eye, Crown
MINED IN	Britain, Egypt, Peru, Poland Mexico, Madagascar, Libya

Celestite is a high-vibration stone of divine energy. It's believed to enhance the connection with the celestial realms and facilitate divine healing. It may elevate spiritual awareness and assist on the path towards enlightenment. Celestite has the ability to bring a sense of infinite peace, strength, and security. It has a gentle, calming, and uplifting energy. It also stimulates intuitive abilities, such as clairvoyance, telepathy, channeling, astral travel, and dream recall. It may bring creativity and balance into one's life. Celestite can also promote mental clarity and the ease of communication.

POSITION

Wear Celestite to relieve stress and tension. A larger piece of Celestite placed in a room will cleanse and raise the vibration of the room.

MEDITATION

Placed on the Third Eye chakra in meditation, Celestite can facilitate astral travel and communication with angels and higher guides. To further deepen the meditation, place Celestite on the Heart, Throat, and Crown chakras also.

HEALING

Celestite is believed to help treat disorders of the eyes, ears, and the throat. It is said to relieve pain and assist with clearing infections and activating the metabolism.

SOURCE:

The Book of Stones by Robert Simmons & Naisha Ahsian;
The Crystal Bible by Judy Hall

BUSINESS FEATURE:



ANAHATA

Holistic Healing & Spiritual Center

The ultimate source of love, warmth, compassion, and joy is held within our hearts. Anahata is the Sanskrit name for our heart center, also known as the heart chakra. When Susanna Tocco followed her heart and decided to manifest her dreams into reality, Anahata Spiritual Center was born. Anahata is an eclectic haven where all paths meet, and its mission is to help guide us on our journey to connecting mind, body and spirit.

"Coexist" is a motto that Anahata stands by, and it has successfully incorporated that symbolism into its healing center and practices. Whether you pursue Buddhist, Wiccan, Hindu, Kabbalistic or Christian tradition, or none at all, Anahata supports and welcomes you to discover your inner path and local holistic community.



Yoga classes & meditation

Newly renovated, Anahata is now 1,800 square feet, making it the largest metaphysical center in Naples. This has allowed for expansion in its diverse selection of yoga classes, meditations, workshops, special guest speakers, and in-house events, such as their monthly Psychic & Healing Day. In Anahata's one-of-a-kind Gift Boutique, you can find anything you may need to help you on your spiritual journey. From books and incenses, Eco-friendly candles, an array of tarot and oracle cards, to handcrafted artisan jewelry and everything in between. Each item that enters this healing space has been carefully researched. Their rich selection of herbs are 100% grown organically and all of their body care products, and clothing are certified organic. Anahata also has a vast collection of healing crystals that are all hand chosen from reputable sources, never ordered from a catalog, to ensure the highest quality of vibrational energy.



Gift Boutique



Anahata provides many opportunities and exclusive services to its guests. The Healing Journey, by Author Angela Trafford offers Spiritual Healing insight into many types of issues such as illness, relationships, dreams, and spiritual growth. Through therapeutic art and various healing insights, she guides you through a healing process of self-realization to find inner peace. Angel Art Intuitive Readings done by Lori Bastien help you to connect with messages from the Archangels and your spirit guides. These radiantly insightful paintings are interpreted to help guide us through transformation and toward our purpose in life. Experience mind body balance with Susanna Tocco's Chakra Harmony. Using the ancient energy healing technique of Reiki, in tandem with crystals, aromatherapy, and vibrational healing with Tibetan bowls she acquaints you with a deep level of relaxation that helps promote the body to heal. The Blueprint Encodement Activation performed by Jacqui Johnson is a one-of-a-kind, heart-opening experience. It aids you in remembering your divine connection and wholeness by channeling codes, or energetic signatures from the Archangels.

February 14th, 2015 will mark Anahata's 5th anniversary.

Join them to celebrate, as they will be hosting their monthly **Psychic Healing Faire** and one day only **Crystal Trunk Sale** from **10:30am to 4pm**. You can find extraordinary stones and crystals that can be bought directly from their vendors. There will be an abundance of special art, jewelry, body care products, candles and gifts. Many services and therapies will be offered, as well as Henna tattoos and various intuitive readings. Anahata will also be welcoming special musical guest **Matt Venuti** on **Monday, February 23rd at 6:00pm**. He will be performing an enlightening, and melodic journey through the sounds of the Hang and Gubal.

(239) 262-0811
1065 5th Ave. N
Naples, FL 34102



www.AnahataNaples.com

Your Body Does Not Lie

Process Acupressure Can Reveal Your True Being

by Alvina Quatrano, LMT

"Experiences can be stored in any part of the body; they may show up in unexpected ways in seemingly unrelated areas." - Dr Aminah Raheem - Soul Return

Your body does not lie. In fact, your body holds all the information of everything that has happened to you throughout your entire lifetime. Recognizing the body as a storage space for memories offers one of the best avenues to heal and align the mind/body/spirit connection. When these aspects of self are accessed, we can acknowledge how we feel and begin to heal.

Healing the self by accessing information stored in the body is a delicate process. It is an approach which must be handled with gentleness, compassion, and caring. A safe and comforting way to do so is through Process Acupressure (also known as Soul Lightening Acupressure). With Process Acupressure (PA) you will find yourself supported by the bodywork experience and by the body-worker as together you unconditionally explore your complete being. When this occurs, wondrous things can happen. Pain is alleviated, various dysfunctions are minimized and greater harmony and function are introduced to all systems in the body.



ALVINA
QUATRANO



Each Process Acupressure session is individually designed to enable creativity, imagination, and enlightenment—yet is deeply grounded in the here-and-now through various facets: the special fulcrum touch known as interface, the acupressure protocol, breath, and an environment of high personal regard. It is supremely supportive work. Over 100 specific acupressure protocols have been developed by Soul Lightening Acupressure originator Dr. Aminah Raheem to provide therapy for all parts of the body and many specific conditions.

In the 1 to 1.5 hour PA session, you lie fully clothed on a massage table while the practitioner applies finger pressure to stimulate acupoints on the body's surface that relate to specific areas or points of difficulty. The pressure used in specific combinations helps to clear and balance energy pathways that have been restricted. Normally the session has several phases: as a state of deep relaxation ensues, you may become aware of issues within your body and/or consciousness. As the session progresses, you may go into a deeper state of awareness, beneath surface tension, to access clarity or guidance about issues at hand. Finally, integration and completion of the process occur as the session is closed by chakra balancing and grounding. The reestablished energy flow strengthens your entire being.

Common physical symptoms that improve with PA include back problems, headaches, insomnia, jet lag, female/male harmony, respiratory, digestive and systemic problems, as well as colds, flu, allergies and injuries. Process Acupressure also helps promote better health and renewed energy by actively involving you in your own healing and growth processes. PA teaches you to become more aware of your body and your "process"—that is, your particular history, style, and patterns of thinking, feeling, behavior, health, and illness. It teaches you how to respect and follow this process as your own unique path to health and growth. You will more readily recognize the subtle things you do to foster, or suppress the natural growth process. You can learn new ways to help yourself and how to change those patterns that are not working.

By working with the body utilizing Process Acupressure you can heal and enrich your own unique being through support of spiritual compassion and non-judgment — in the end you will access your truth and in that, "the truth will set you free."



"My six year old daughter was on so many allergy medicines she couldn't stay awake in school.

Since learning acupressure, I treat her at home when symptoms arise and she no longer requires medication."

—Easton, MD

To learn more please visit

www.HolisticHealingArts.info and www.SoulLightening.com

Alvina Quatrano LMT and Holistic Healing Arts in Naples, FL, (established in 1991) provide individuals with opportunities to explore a wide range of holistic and therapeutic experiences through the use of bodywork, massage therapy, and classes. Process Acupressure is one of a multitude of healing modalities in which Alvina is certified. For more information, please visit HolisticHealingArts.info or call 732-266-5276.





blue

guidance . tranquility . transition

Blue is commonly associated with harmony, truth, faithfulness, wisdom, confidence, peace, tranquility, distance, infinity, imagination, communication, patience, the sky, water, and cold.

Photos from Google Images

COLOR THERAPY: BLUE

POSITIVE ASPECTS

Calmness, Guidance, Patience, Understanding, Loyalty, Honor, Sincerity, Devotion, Peace, Harmony, Reliability

CHALLENGES

Coldness, Moodiness, Depression, Isolation, Distance

CHAKRA: Throat Chakra *(See p27)*

CRYSTALS: Turquoise, Lapis Lazuli, Azurite, Blue Topaz, Angelite, Blue Lace Agate, Celestite, Kyanite, Sodalite, Blue Calcite, Larimar, Blue Chalcedony

COLOR HEALING

(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. Blue 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. See more on Color Healing techniques at www.WhiteLotusMagazine.com/Articles

ATTRIBUTES

Blue is a soothing, calming color. It brings a sense of peace. The color blue can help free the mind from its *normal* activity, temporarily removing thoughts, emotions, and involvement with physical actions. Blue can help ease the flow of communication (whether it's with other people or listening your own inner thoughts or Higher Self). Bring blue in your life when you feel the need to calm agitated, chaotic situations; when you need to communicate clearly; when you need help seeing information clearly; when you need peace, solitude, and rest. In Color Healing (Color Therapy) blue is believed to cool down skin irritation, inflammations, fever, and high blood pressure. It may also provide relief for headaches. Blue can be used for any type of ailments associated with speech and the throat.

Did You Know?

Blue is the fifth of the seven colors in the visible spectrum of light, between green and purple. The wavelength of blue light is approximately 450–495 nm on the electromagnetic spectrum. Blue was the last color to become visible to the ever-evolving human eye; and yet, it is the first primary color. In U.S. and European public opinion polls, it is overwhelmingly the most popular color, chosen by almost half of both men and women as their favorite color.

WEARING BLUE

In times of stress or turmoil, wearing blue can help the body and the emotions to return to a state of balance. Incorporate blue into your wardrobe when you feel the need for peace and rest. Wear blue to a meeting to be patient and focused and to help the flow of communication. Blue can imply a calm and practical personality. Those with a preference for blue tend to be more faithful and reliable, have a sense for order, logic and rational thinking.

BLUE IN THE HOME

Introduce some blue elements into your home to invite a peaceful and soothing effect. Because blue encourages peaceful and quiet communication and understanding, it's an excellent color pick for offices and common areas of your home. Light blue is the color of harmonious, expansion and gentle growth; while darker blue evokes the energy of deep calm and serenity. Bring deep blue to your bedroom to promote better sleep. Blue in the office can help you concentrate and work better. To help remember a speech, write your notes on blue paper.

SOURCE:

Healing with Crystals and Chakra Energies by Sue & Simon Lilly, www.wikipedia.org/wiki/blue, www.deeptance.com/colortherapy, www.energyevolution.com/colorblue, www.fengshui.about.com



"Every added protection against the natural world contributes its bit to the steadily building illusion of independence from nature so that in time that greatest of illusions is erected: the omnipotence of man."

- Frederick Turner

"Insanity is doing the same thing over and over again and expecting different results." - Albert Einstein

AN OPEN LETTER TO DAVID BRONNER AND THE GMO LABELING MOVEMENT

by Alan Smilhee

CONCLUSION

As you can see it's tough to endure the "slings and arrows of outrageous fortune" when you take personally the commitment to oppose GMO technology with every fiber of your being. Of late, we have seemed to suffer setbacks on a consistent basis. We lost the labeling initiatives in the three western states of California, Washington and Oregon when we should have won them handily. We won a moratorium on growing GMO's on the island of Maui only to have a judge (with a conflict of interest) almost immediately strike it down - and don't be surprised if the same happens in Vermont. Members from "our side" recently engaged in a televised debate that was clearly developed to allow Robert Fraley (vice president of that Biotech company who shall continue to remain nameless) a chance to gain credibility by spouting industry propaganda practically unopposed in what for all intents and purposes was a debate format designed to minimize the risk (in the same way that industry designs their safety assessments to minimize risk when looking at potential GMO safety hazards) that he would make a fool of himself and be exposed for the liar he is. Of course, Biotech's side "won" the debate. (Can you imagine any scenario in which they would have not?) If only Jeffrey Smith or Mike Adams would have been allowed to have a crack at Robert and his partner (UC-Davis Professor Alison Van Eenennaam) then you would have seen the Biotech side shaking in their boots, but that would never be allowed to happen in a "show" event of this nature. When Professor Alison iterated toward the end of the debate that she considered the well-being of her family paramount to her and that is why she had her kids drink "pasteurized milk" and get all their childhood vaccinations I knew she was being encouraged by industry (Pharmaceutical; GMO - I think they are one and the same) to promote sick food, compromised milk, and vaccinations that are damaging not only with their ever increasing frequency but also with the corresponding neurotoxic heavy metal aluminum that is in them. The debate was indicative of the full court press that the Biotech Industry is trying to exert to stem the rising tide of opposition to GMO's. Originally they surreptitiously snuck them into the food supply practically under the cover of night but now they want to come out and DEBATE! Things are coming to a head and they know it; they know they are frustrating a lot of activists. If we don't stop them soon the damage to our diversity and our earth may be too much to recover from, but our greatest threat may in fact be from within our own ranks as there is something rotten in the state of the GMO labeling movement. Jon Rappoport, a journalist with a web site by the name of "No

More Fake News" seems to have uncovered a major conspiracy that might explain why we keep losing these initiatives even though Americans have clearly stated in poll after poll they want mandatory labeling. Jon has been disgusted with how the labeling campaigns have been run for some time now and I was disgusted with this very issue even before I knew who Mr. Rappoport was. You see, I have given considerably to the labeling movements in Washington and Oregon and have been progressively bewildered by our leadership's anemic message that begins and ends with "it is a consumer's right to know whether GMO's exist in their food." No judgment is made on whether they are dangerous! This argument is so ineffectual that the other side simply responds that "the FDA has said they are safe and your food bills will go up significantly if we accede to this so WHY LABEL THEM?" The commercials our leadership have run in these states have been so uniformly uninspiring and pathetic precisely because they won't go after the corruption of the FDA and the truth of the deceit and fraud that this technology has been built on. With a message addressing only a consumer's right to know is it any wonder we have lost these initiatives at every turn (and don't give me that "we wuz robbed in Oregon" spiel because even though the judge threw out 4600 votes it shouldn't have been that close to begin with if we had adopted the message we should have, which would have been in a nutshell "GMO'S HAVE GOT TO GO!" What if the civil rights movement of the 1960's had adopted as their message that, in regard to institutionalized racism, the citizens of the time should have had "a right to know when racism was taking place" but that the leadership was not going to take a stand on whether racism was good or bad or whether it should be outlawed. I am sure that would have ignited the moral fervor and imagination of the American public at the time! WE ARE CEDING THE MORAL HIGH GROUND BY NOT MAKING IT CLEAR THAT GMO'S ARE ACTUALLY...(gasps of shock and surprise everyone)...BAD! In Jon's outstanding article, *The Secret GMO war: double agents, betrayal, greed?*, he infers a lot more than we have time to address in this article but the person he identifies as being the figurehead for why this message was adopted is Scott Faber. Scott Faber is Executive Director of Just Label It, the preeminent organization dedicated to mandatory labeling of GM foods in this country (his previous job was as head of the Grocery Manufacturers Association who have coincidentally donated millions to defeat mandatory labeling). Now, there is a bill the US Congress is presently considering called *The Safe and Accurate Food Labeling Act of 2014* (H.R.4432) You can always tell industry spin because they always

tell industry spin because they always take the truth and just spin it 180 degrees so you know the bill is referring to food that is not "safe" and labeling that is not "accurate." It would outlaw mandatory labeling of GM foods at both the state and federal levels so you can kiss bye-bye to all further state labeling initiatives if this bill becomes law. It has gained additional adherents with the recent Republican gains in Congress. When a hearing was held on the bill about a month ago, Faber testified to wanting mandatory labeling of GM foods but offered a shocking statement to the committee that makes one wonder how seriously he actually opposes passage of the aptly nicknamed DARK ACT (Denying Americans the Right To Know). Take it away, Scott:

"We do not oppose... genetically modified food ingredients. We think there are many promising applications of genetically modified food ingredients... I am optimistic that the promises that were made by the providers of this technology will ultimately be realized...that we will have traits that produce more nutritious food that will see significant yield..."

Did he just say what I thought he did? Did he not only just concede the point that GMO's are harmless but in the bargain sent a message to all the members of Congress who are still on the fence with respect to this bill that they can "trust" the Biotech Industry to "in the future" deliver on the claims of so-called superiority when there is no indication that they have been able to yet? This is a guy that is supposed to be on our side; you couldn't have done a greater service to the Biotech Industry if you had been a supporter right from the outset! Oh wait; YOU WERE!!! How does that work, Scott, when you can go from schlepping for a group that shamelessly promoted childhood obesity, diabetes, and GMO's and then "Saul-like" had all your sins forgiven and did a 180 degree turnaround (remember the spin analogy) to become "fake-converted" only to emascuate our movement's message. Scott Faber, you were a double agent all the time, weren't you? You were not elected by anyone (from our side at any rate) but industry installed you as the leader of Just Label it anyway so they could limit our movement's effectiveness, didn't they? Anyone who takes you seriously as a spokesperson for the mandatory GMO labeling movement (or the Environmental Working Group for that matter) from here on out should have their head examined! Like "Sexy Sadie" in the Beatles song of the same name, you "made a fool of everyone" in our movement. I am sure that now that you have overplayed your hand and revealed yourself to be the industry mole you always were, your services will no longer be needed. I am sure the minute you have outlived your usefulness to their industry they will put you out to pasture as well. Don't let the door hit you on your way out! As for David Bronner's role in all this, you remain a puzzlement to me sir. I have such respect for the company your father founded and you have led the way by taking a stand on upholding purity in the certified organic standards of the natural body care products industry. You put your money where your mouth is and you have been the largest leading single donor to the mandatory GMO labeling movement. I am aware of. You even came admirably to the defense of industrial agriculture critic Vandana Shiva with your stinging editorial that called out the mass media for providing cover for the Biotech Industry by going after Vandana while at the same time largely ignoring the explosion in the use of herbicides and insecticides with regards to GM food production (how telling it was that the *Science and Nature* magazines refused to take your ad (after initially agreeing to do so) because they were afraid of pissing off their Biotech Industry patrons and overlords. But I have to seriously question your judgement in regard to assenting to going along with using this lamest of lame messages to argue for mandatory GMO labeling by merely stating that it is a consumer's "right to know" and then going no further. It reminds me of how disingenuous Ben Cohen and Jerry Greenfield are by making their ice cream non-gmo but then avoiding taking a stand by saying "we're not scientists, and we know there are debates pro and con about

GMO usage. Regardless of the debate, Ben & Jerry's believes people should be informed and have the right to decide for themselves." If you guys are "not scientists" and never can have an opinion on anything related to science (yeah right!) then why don't you just keep the GMO's in your ice cream and label that your ice cream contains them? There is going to be a major shakeup as a result of this scandal, I can feel it. We need new leadership, and we need to stop being diverted by labeling initiatives that are turning out to be a major waste of time and money. The judiciary will probably just strike down any bill we pass anyway. What I want to know is this: with all the documented evidence that exists in a documentary like *Genetic Roulette*, why didn't you try to go after the GMO Industry with all the ammunition you had at your disposal? Were you deluded into thinking that Americans were too simple-minded and "stupid" to understand the "complexity" of how they were being lied to by the Biotech Industry? Was it just that you felt you had too much to lose (with the business you own) by sticking your neck out or were you too spell-bound with Scott Faber's savvy and political connections to raise an objection? It is clear to me that whatever new leadership emerges out of the Scott Faber "tiasco" must include on it's board of directors a lot more of the people that have shown they are not afraid to fight the Biotech Bullies and take the rhetorical battle to them with no holds barred. We must seize the moral high ground and accept no compromise in the pursuit of total abolition and a complete, non-negotiable, outlawing of this technology. There must be zero tolerance on this issue. Anything less than that and we are really deluding ourselves.

So I think I have made it clear what an uphill battle we face in our attempts to bring the promoters of GMO technology to justice. Boy, do we ever have our work cut out for us! When I consider the setbacks we continually seem to suffer I start to wonder what can we possibly do to finally turn the tide toward consumer rejection of this enslaving technology. I get to feeling the hopelessness, fear and despair that the Kevin McCarthy character in the original *Invasion of the Body Snatchers* felt as he slowly began to realize that the sane and compassionate personalities of the human beings he had always interacted with were, literally and figuratively, being secretly reborn as something automaton-like and sinister. These individuals had clearly lost their humanity and their ability to think for themselves, and had become conforming guardians to a cult-like ideology where the rights and dignity of an individual were subservient to the collective tyrannical consciousness of the group. With regards to the Biotech Industry, I am just so bewildered that so many of our respected figureheads and institutions have fallen under the spell of their propaganda: the mass media; the FDA; even former first lady and probable presidential candidate Hillary Clinton has been "zombified" and is only too happy to shell for the Biotech companies (she just thinks industry needs to do a better job on their spin!) Being at odds with this kind of consensus, what is a poor, intimidated activist to think and feel? Should we as activists dig in our heels and continue to charge at the "windmills" that are Big Biotech and keep holding onto the fantasy that we may actually have them on the run someday, or are we to face reality, give up in frustration, and capitulate to the inevitable reality that these GMO's are just going to continue to proliferate, resigned to the fact that Big Biotech always stands victory from seeming defeat and that they will allow no one to snatch their way of achieving their avowed goal of owning and patenting the entirety of humanity's seed supply, with every nefarious and enslaving connotation that that implies? Do we finally just throw in the towel, think only "happy thoughts" toward Big Biotech, bow down in submission, and get ready to bend over as we metaphorically take the humiliation we have coming from our new masters and intergalactic overlords?

I am here to state in no uncertain terms: **not on your life!** Allow me to try to illuminate on how I think we can turn the tide on these bad boys...

"With nature's help, humankind can set into creation all that is necessary and life-sustaining." - Hildegard of Bingen

First off, we don't have an evidence or a documentation problem; in fact **we have overwhelming evidence to clearly illustrate what a threat these GMO's are.** I challenge anyone, even the most "cleverless" of Jonathan-Gruber-clueless American consumers, to watch Jeffrey Smith's film *"Genetic Roulette"* or to read any number of Natural News (Mike Adams) thorough and impressive array of articles on the topic of Biotech lies, manipulation, and deceit and dare them to argue that GMO's aren't a severe threat to our way of life on this planet. What we got here is... *failure to communicate.* It is true we have all sorts of disadvantages when it comes to trying to achieve our goals through our corrupt governmental system. Biotech has masterfully infiltrated and hijacked our political system and we have to strategize *outside of the box* in applying social and political pressure in ways that we are capable of. We cannot compete with Biotech in the "corrupting influence" department, they simply have too much money and are too "devilishly" accomplished at it. We have to look to history and see how Gandhi and the Civil Rights Movement of the 1960's achieved their aims. There are ways to apply social pressure that don't have to do with governmental lobbying. We also have a strategically inept, poorly coordinated effort to win the "hearts and minds" of the average American consumer to our way of seeing this issue (the Truthful way); we need to convince them of the Truth of the matter (of what GMO's truly are) and how they are compromising their health. You don't see that Truth spoken very much on TV or in newspapers; the Industry makes sure of that and is aided and abetted in their suppression of the Truth by unscrupulous scientists and figures across the whole spectrum of media; preaching to the choir is one thing but we need to reach the consumer of Middle America (or what Richard Nixon liked to refer to as "the Great Silent Majority.") Since we have such difficulty in getting our viewpoint out through the "official" and "respected" media, we need to counter our adversary's attempts to smear, discredit and marginalize the Truth we are speaking of by finding alternate routes to engaging and deprogramming our fellow citizenry and win them to our side before it will be too late.

Perhaps it would be that in listening to Chinese philosopher Sun Tzu we would find our salvation. According to Wikipedia, Sun Tzu was "a Chinese military general, strategist and philosopher who lived in the Spring and Autumn Period of ancient China. He is traditionally credited as the author of *The Art of War*, an extremely influential ancient Chinese book on military strategy...it continues to influence many competitive endeavors in Asia, Europe, and America including culture, politics, business, and sports, as well as modern warfare." Just look at some of Sun Tzu's gems:



"To know your Enemy, you must become your Enemy."

"If your opponent is temperamental, seek to irritate him. Pretend to be weak, that he may grow arrogant. If he is taking his ease, give him no rest. If his forces are united, separate them. If sovereign and subject are in accord, put division between them. Attack him where he is unprepared, appear where you are not expected."

"Be extremely subtle, even to the point of formlessness. Be extremely mysterious, even to the point of soundlessness. Thereby you can be the director of the opponent's fate."

Sun Tzu's book is full of the kind of wisdom and creative, outside-of-the-box, strategizing mentality that our movement could really benefit from. We need to quit always having to play catch up and defend ourselves from the other side's purposefully misleading attacks and distortions of our positions and instead go on the offensive and play the game by rules advantageous to our strengths and advantages; you know, advantages like the **Truth** (which is, all in all, not a bad advantage to have.) I guarantee you the behavioral Ph.D's and "Don Drapers" of the advertising world that our adversaries hire to craft their strategy and tactics have read Sun

Tzu's book, as have they studied extensively research on human behavior, mind control, persuasion, sales - well, you get the point. There are books aplenty on the subject of how to effectively wield political power and influence people, regardless of the situation. Let's face it; all of life is political in one way or another. An excellent first book to bone up on this subject would be Robert Greene's *The 48 Laws of Power*. There are many others. Fellow activists, please avail yourselves of their knowledge!

As a movement, we need to get serious about confronting on a local level, where we can **seize the advantage**, each and every lie-spreading promoter of GMO technology and every individual who attempts to marginalize or intimidate our movement, no matter how acknowledged or respected that individual we are calling out is. There is a saying that our adversaries know only too well: "strike the shepherd and the sheep will scatter." When people who promote biotechnology using industry talking points (which are for the most part lies and purposely fabricated half-truths) they have to know there will be someone to call them on it. Jeffrey Smith of the Institute for Responsible Technology has videos on how to train yourselves and others on how to debate *anyone at anytime.* We each and everyone of us can do this in our own backyards. Speak at churches, speak at schools, show up at off-campus areas of local colleges and DEBATE. GMO proponent's words can and should be used against them in the court of public opinion and simply going to a website like Jon Entine's Genetic Literacy Project or Forbes will give you lots of examples of arguments to practice debunking (if you can keep from laughing at some of the more inane ones!) It is up to us as individual forces of God to *spread the Truth and defend the Truth.* If activists in every city honed their logical debate skills and engaged in logically sound debate at every opportunity they could, we could collectively on a massive scale, call out: the heads of farm bureaus; local journalists; and local academics and professors in college Ag departments. Then you would see how quickly we could effect social change on a massive, grassroots level that could turn the tide in our favor relatively quickly, at the very least in getting more consumers to reject GMO's by not buying them. Activists don't even need to engage these self-appointed "experts" in person (although a little high noon drama would be a refreshingly empowering exercise for a lot of activists.) The beauty of picking apart someone's recorded arguments is that they don't need to accept your invitation to debate face to face for you to debate them; you can just debate their written or spoken words, and pick apart and logically deconstruct their misleading arguments for all who care to show up and listen to you. By showing up local authorities in the communities where they actually have a reputation to live up to, you engage in a very effective way of applying social pressure to get them to have to defend their bias toward biotechnology when they usually just spout their lies and go unchallenged. If we can't beat them through the legislative system or the judicial system why can't we beat them on a local level, as we encounter and engage them in rhetorical battle, and get at them where they *live* - I mean literally where they live. Your efforts will have an effect. So much depends on guarding and defending one's reputation. Just ask Robert Greene; it is one of his 48 identified "laws of power." Remember, we are trying to counter all the corrupt influence of mass media so get out there and debate and have fun doing it!

We need to do more to engage people one on one, but we also need to engender a sense of loving community that brings us together and **uplifts** us. If we spend more time trying to educate on a local level and not waste so much time hoping to get GMO's labeled we will probably use our time more effectively and get a better return on our investment but we should always do it out of a sense of upliftment. I have never gone to one of those "Marches against you-know-who" and I never will. Mother Teresa said it best when she was once asked about why she didn't participate in anti-war demonstrations. She said that "...I will never do that, but as soon as you have a PRO-peace rally, I'll be there." She knew of the Law of Attraction. She knew how counter-productive it was to give

CONT. on page 22



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CONTINUED FROM PAGE 20.

attention to angst she didn't want. She knew this would only give power to it and unintentionally manifest more of the same. I personally would not be one bit disappointed if activists never held another "March on 'you-know-who'" ever again. Our get-togethers should be celebrations of life, liberty, and the pursuit of happiness, things that Big Biotech seem intent on taking away from us. These "celebrations of life" should uplift and inspire, have artists and performers entertain and provide commentary, and they should be identified in the affirmative, as in "A Gathering of the Movement FOR Integrity in Politics, Corporate Science, and The Food Supply." Speakers could expose the corruption but do so in a way that people would leave more uplifted and empowered (and not more discouraged or ticked off or victimized) than when they came.

I have a confession to make. I did utter Monsanto's name in last month's Part 1 to my article. You might have missed it but it is still there for all to see, and to top it off, it was only a few sentences after I insisted they would remain nameless! I did this purposefully because I wanted to make a point on how, despite our aversion to their actions, when we give Monsanto our attention we subconsciously give them our power as well. I am sure that were one of their executives to have caught this seeming inconsistency, he or she would have smugly thought to themselves, "See? Either this guy made a mistake because his brain is so nutritionally deficient (probably from not eating enough of our 'more superior' nitrified GMO food) OR he is just soooooo obsessed with hatred for us that he subconsciously can't resist being in thrall to us. He's our bitch!"

I have one other confession to make as well - my name is not "Alan Smithee." As any self-respecting cinephile will tell you, the pseudonym "Alan Smithee" is a term used by film directors who wish to disown a project, usually because they are dissatisfied with the final product. I figured that since a Biotech Troll would potentially someday read this article, we could all expect to see the inevitable internet headline, "GMO ACTIVIST SUBCONSCIOUSLY DISAVOWS OWN ANTI-GMO VIEWPOINT." It was a deliciously ironic and telling commentary I could not resist to make. To all you Biotech Trolls and "rhetorical hit men" out there - you can punch out early on this assignment. I took up your poison pen and did your dirty work for you!

Whatever you do, oh my brothers and sisters, take to heart this one final piece of advice from Sun Tzu: "You have to believe in yourself."


This is The Alan Smithee officially signing off. God Speed... and let's be careful out there.

"A lie gets halfway around the world before the truth has a chance to get its pants on."

- Winston Churchill

"Many are called but most are frozen in corporate or collective cold, these are the stilled who choose not to be chosen except to be bought and sold."

- Lee Carroll Pieper



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TRANSFORM YOUR HEALTH

*Simple Yet Efficient Ways for
an Energized and Healthier Life*

by David Dancu, ND, JD

PART 1: SUGAR INTAKE

When the initial enthusiasm of the New Year wears off, resolutions for healthier living are frequently forgotten, ignored, or started, then abandoned. The reasons one may have less success with change may vary, but often include psychological and physiological causes.

In the following series of articles, I propose simple yet efficient ways to achieve a more energized and healthier life. With an approach that creates long term lifestyle changes, rather than short term goals, the adjustments could become part of a daily process and might be easier to assimilate. The methods presented are obviously not new, but the approach is such that long term success, and ultimately health and well-being, could become effortless.

When it comes to adopting a healthier lifestyle, the intention is to commit to making some changes for a period of time, maybe 2-3 months, in order to have a realistic opportunity to begin to reach your goals.

The first place to start is with what you normally eat. In that respect, this is not to recommend a diet, but rather to suggest being aware of the foods you eat. By observing and controlling what and how much you consume, the health results could be significant. Considering alternatives to your current diet will further increase the likelihood of achieving better health.

SUGAR INTAKE

The typical dietary recommendation is to eliminate food products containing sugar, high fructose corn syrup (HFCS), fructose, and starches. But if I were to start with that suggestion, few would read another word. So instead, I propose an alternative: look at how much sugar you consume daily (sugar or its derivatives are ingredients in 95% of processed foods) and reduce it to less than 25 grams (6 teaspoons) per day.

Remember, sugar intake includes soda, sweets, processed foods and starches. Added sugars in ketchup, fruit juices, jelly, peanut butter (HFCS is added) and sources of naturally occurring sugar such as fruit also must be considered. This takes patience at first, but ingredient labels contain the amount of sugar per serving and once you add this up a few times, daily intake can be easily monitored.

By reducing sugar intake, a multitude of health benefits can be observed. Even though your system relies on glucose (naturally occurring sugars) for energy, excess sugar creates imbalance that can impact the pancreas (diabetes and obesity), liver (digestion, colon, irritability), heart, brain function (sluggishness), kidney (water retention) and the adrenal system (stress and allergies). Numerous studies have concluded that excessive sugar consumption may play a key role in the development of many types of cancer, obesity, type II diabetes, hypertension, and heart disease. [1]



*Reducing your sugar intake to
6 teaspoons a day could bring about
a multitude of health benefits.*

Replacing sugar with artificial sweeteners is not the solution, considering that the name artificial alone should make one question their composition and their use. These synthetic sweeteners (such as saccharin and aspartame) actually create cravings for more sugars or starches and trigger a brain response creating a desire for food, and consequently increase weight gain. (Not to mention the harmful side effects that could lead to glucose intolerance, fibromyalgia, kidney damage, urinary tract cancer, leukemia, and many other serious health conditions. [2])

You might try Stevia as an alternative to sugar or synthetic sweeteners. Research has shown that Stevia offers a safe and pleasantly sweet-tasting option (300 times sweeter than sugar, without the caloric content) to potentially hazardous sweeteners. Furthermore, Stevia has been found beneficial for lowering blood sugar and blood pressure, and also for fighting infections [3], making it not only a tasty sugar substitute, but also an excellent herbal supplement to consider.

The next dietary factor on your way to better health will be addressed in next month's issue. Until then, you could start the process of transforming your health by monitoring and reducing your sugar intake, and if possible, by considering healthier alternatives.

SOURCES:

1. *Sugar: Killing Us Sweetly* by Gary Null, PhD
2. *Artificial Sweeteners Found More Weight-Promoting Than Sugar* by Sayer Ji
3. *Sweet! Dieting without Deprivation* by Sayer Ji



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. He can be reached at **239 434-2497** or email at DDancu@gmail.com.

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Teamwork is so important that it is virtually impossible for you to reach the heights of your capabilities... without becoming very good at it.
- BRIAN TRACY



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The Importance of Recognizing and Protecting Yourself From Manipulations

by Rev. Christopher Macklin

We live in a very toxic world where our bodies are exposed to many forms of manipulation. If our consciousness and vibration drops to a really low level, we can become chronically depressed and numb. We end up detached from life and without emotion. Our bodies become unbalanced and dis-ease sets in.

Manipulations, which are rampant in our dimension and come in many forms, contribute a huge part in lowering our vibration. (Prayers developed Divinely to help with those are shown to the right.)

- **Chemtrails** in the air release a number of toxic chemical substances and bio-nano particles that are absorbed by our skin. Depending upon the individual's DNA, this can lead to Morgellon's Disease and Lyme's Disease.
- **Food** (and water) may be contaminated by toxins and genetically modified organisms. Even organic food only contains only 20% of the nutrients that it did previously. Also, it is important to clear the karma from the plants and animals that gave their lives for your body to have nutrition.
- All **media** (CD's, DVD's) coming from major organizations have connections to the Illuminati, and have therefore Luciferian spirits within them. This has a very negative effect on our vibration.
- We have an enormous amount of transmissional frequencies, called **radionics**, which affect our body's vibration. Radionics has been around since the early 1900s, and was once strictly used as a form of alternative medicine. Unfortunately, like most everything else, it too has been manipulated. Through radionics, toxic compounds can be transmitted without your knowledge.

As you can see, manipulation in this world is way beyond people's imagination. When your body is in a precarious vibrational state, entities from various dimensions can get into your body. As your body rebalances at a higher vibrational level, the entities cannot get in. It is important to be proactive and police everything in your life that your body is ingesting or absorbing. All 13 prayers that we have developed can be found under the "Prayer" tab on our website: www.christophermacklinministries.com

REV. CHRISTOPHER MACKLIN, a Melchizedek Being, is a powerful channeling medium and healer from England who utilizes Divine Healing techniques cultivated through Divine knowledge from God and the spirit world to help people recover from all types of illness. Christopher is able to heal many people simultaneously with the help of God's Angelic Light Beings who work with Christopher to rebalance the body's energy field by clearing chakra points and cleansing the body's meridian field by removing blockages and negative energies. His new book, *Dissolving the Enigma of Divine Healing*, is available on Amazon.com.

Christopher will be a guest speaker at the Food and Thought Health Freedom Summit this month (February 20th -22nd). See event details on pagexx

Prayer to Neutralize and Remove Chem Trails:

*I am of God
I ground myself to the Earth
I command you God to neutralize and remove all the negative and harmful substances contain the Chem Trails above us.
I command you to alter the biological and molecular structure to convert these trails into harmless water vapors so as to protect all the humans, animals, and plants that inhabit our 3rd Dimensional Universe
I thank you God and send you my Unconditional Love
So be it/Amen*

Food Blessing and Revibration:

*I am of God
I ground myself to the Earth
I command you God to correct and rebalance any modifications made to this food that are not of God, to optimize the nutritional value, remove all the toxins and bless the souls of the animals & plants that have given their lives to provide nutrition to my body.
I thank you God and send you my Unconditional Love
So be it/Amen*

Prayer to Block out Luciferian Spirits and Frequencies from Multimedia:

*I am of God
I ground myself to the Earth
I command you God to remove all Luciferian Spirits & vibration from this multimedia. I bring all the people involved with the manipulation, up through infinite levels and 20 billion light years away before you God for justice in only the way you know how.
I release them to you with Unconditional Love & Forgiveness.
I thank you God and send you my Unconditional Love
So be it/Amen*

Prayer to Remove Radionic Manipulations from Computer & Electronic Equipment:

*I am of God
I ground myself to the Earth
I command you God to remove all the radionic manipulation from this computer that is not for my highest good, all space/time continuum in every dimension.
I bring all the people involved in this manipulation, no matter how remote, in every dimension before you God for justice in only the way you know how.
I release them to you with Unconditional Love & Forgiveness.
I thank you God and send you my Unconditional Love
So be it/Amen*



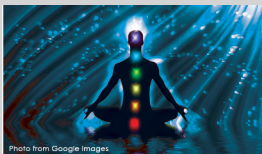


Photo from Google Images

The Throat Chakra focuses on the expression of what we know and feel; it also regulates communication and our understanding of the world.

Chakra Review: THROAT CHAKRA - THE CENTER OF SELF-EXPRESSION

CHAKRAS are the energy centers of the body. These centers are often referred to as spinning vortexes 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 "chi"), "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 affect our life.

The fifth chakra is called the Throat Chakra, located at the throat. It focuses on the transition from personal will to higher will, the connection to higher sources of guidance and information, inspired self expression, and authentic communication. This is where the "inner voice", that connects our body and spirit in communication, comes from: this is the source of communication with our Higher Self. Telepathic channels and connections to our guides and angels are also stored here.

The Throat Chakra controls the connection between the mind and the body. It acts like a "bottleneck" for the flow of energy, connecting messages from the body with information stored in the brain. Only when the mind and body are well-connected can we have authentic communication. The Throat Chakra is the gateway between unconscious and conscious. If the throat center is blocked, the upward flow of energy will also be blocked - unable to pass into the conscious mind: We won't be able to translate knowledge into feeling and action; we won't be able to speak or act upon what we know.

The spiritual challenge of the Throat Chakra is to recognize that our strength of will is measured not by how well we exert our will over others, but how well we control ourselves. Conscious self-control

and discipline means living according to the truth, that every thought we have is either a potential act of grace or a potential weapon. Right thought leads to right speech; right speech leads to right acting.

The main function of the Throat Chakra is self-expression and speaking our truth. It is what connects the inner and outer world. Only through self-expression can we reveal our true selves and show the world what's inside of us. Our voice indicates the health of the Throat Chakra. The voice is the living expression of our vibration. It allows us to express what we feel in the heart and the mind. Indications of blocks in this area might be fear of speaking, small or weak voice, difficulty putting feelings into words, or shyness. Signs of an excessive Throat Chakra may be: too much talking, gossiping, and talking as a defense. Difficulties become obvious when they lead to frustration; and frustration leads to shouting, or a complete withdrawal of communication. Physical manifestations of a blocked Throat Chakra can include raspy throat, chronic soar throat, mouth ulcers, gum difficulties, scoliosis, laryngitis, swollen glands, thyroid problems, headaches, pain in the neck and shoulders, problems with swallowing, and ear infections. We may fix issues associated with this area and help facilitate the healing by clearing and balancing the Throat Chakra. See chakra balancing methods on www.WhiteLotusMagazine.com/Articles.

SOURCES:

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

FIFTH CHAKRA

NAME	Throat Chakra
SYMBOL	
LOCATION	Throat
SANSKRIT NAME	Visudha
MEANING	"Purification"
COLOR	Blue
ELEMENT	Ether
SOUND OR MANTRA	"Ham"
NOTE	G
IDENTITY	Creative identity
SENSE	Hearing
DEVELOPMENTAL STAGE	7 to 12 years
PLANETS / STARS	Venus, Mercury, Uranus Mars
ASTROLOGICAL SIGN	Taurus, Gemini, Aquarius
ESSENTIAL OILS	Sandalwood, rose, cedar wood

CRYSTALS / MINERALS

Lapis Lazuli, Aquamarine, Sodalite, Turquoise, Sapphire, Blue Lace Agate, Blue Tourmaline, Blue Quartz, Blue Calcite, Celestite

BODY / ORGANS

Throat, the neck, vocal cords, mouth, teeth and gums, jaw, ears, muscles

ENDOCRINE GLANDS

The thyroid and parathyroid gland

STORED INFORMATION

All aspects of communication, both physical and spiritual

CENTRAL ISSUES

Communication, self-expression, self-discipline, speaking one's truth

EXCESSIVE

Too much talking, talking as a defense, inability to listen, gossiping, interruptions, stuttering

DEFICIENT

Fear of speaking, weak voice, difficulty putting feelings into words, shyness, tone deaf, poor rhythm

BALANCED

Good listener, resonant voice, good sense of timing and rhythm, clear communication, lives creatively

PHYSICAL DISFUNCTIONS

Raspy throat, chronic soar throat, mouth ulcers, gum difficulties, scoliosis, laryngitis, swollen glands, thyroid problems, headaches, pain in the neck and shoulders, ear infections

ADDICTIONS

Opiates, marijuana

TRAUMAS

Lies, secrets, verbal abuse, constant yelling, excessive criticism (blocks creativity), authoritarian parents, alcoholic, chemical dependent

SPIRITUAL CHALLENGE

To speak and hear the truth.

GOALS

Clear communication, creativity

HEALING STRATEGIES

Learn communication skills, letter writing, inner child communication, practice silence, story telling, singing, chanting, toning, release voice, loosen neck and shoulders

FOOD

Liquids, tart or tangy fruits, spices

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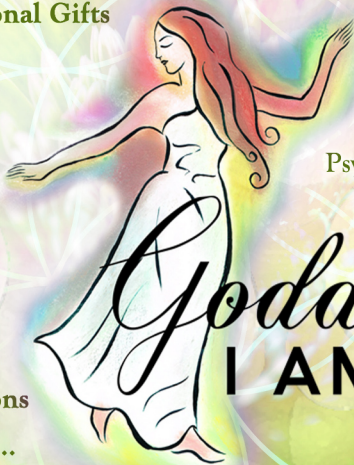
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Essential Oil of the Month: PALMA ROSA

by Bethanny Gonzalez, Certified Aromatherapist

Cymbopogon martini

Palma Rosa (or Palmarosa) essential oil is steam distilled from the leaves of the plant. This oil is soothing to the body and mind. It is primarily used in fragrance and skin care products, but it is also known as an insect repellent.

- AROMA:** Light and sweet, lemony, floral top tones with rose geranium undertones
- PROPERTIES:** Anti-fungal, antiviral, antibacterial, antiseptic
- ELEMENT:** Air
- PLANET:** Venus
- CHAKRA:** Heart and Solar Plexus

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EMOTIONAL USES

- Creates a feeling of security.
- Balances the central nervous system.
- Reduces stress.

HEALTH BENEFITS

- Kills bacteria, eliminates viruses, and prevents infection.
- Reduces fever.
- Helps with digestion and maintains moisture balance in the body.
- Has been used to help patients with anorexia.
- Provides nervous system and heart support.

METAPHYSICAL USES

- For inner strength and grace.
- Breathe in to help you get in touch with your inner goddess.
- Helps to connect with your own energy and with the energy flow around you.

*Sebum is an oily substance secreted by the sebaceous glands in the skin. Its main purpose is to make the skin and hair waterproof and to protect them from drying out.

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

RECIPE

for Acne

- ¼ cup aloe gel
- 4 drops Palma Rosa essential oil
- 1 tablespoon coconut oil
- 1 tablespoon ground up oats
- 1 tablespoon lemon juice

Make a paste and apply to cleansed skin. Leave on for 10 minutes. Rinse.

Native to the Indian subcontinent, Palma Rosa is a wild herbaceous plant, growing to a height of nine feet. With long, slender stems, fragrant grassy leaves, and flowers in clusters Palmarosa is a member of the Cymbopogon genus of aromatic tropical grasses.

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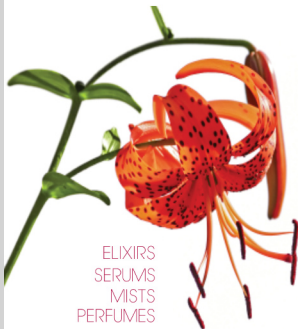
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- Feel better and look radiant
- Beauty from the inside out
- Accelerate personal growth



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ♀ Mercury in Retrograde	2 Groundhog Day ♀ Mercury in Retrograde	3 ☉ FULL MOON ♀ Mercury in Retrograde	4 ♀ Mercury in Retrograde	5 ♀ Mercury in Retrograde	6 ♀ Mercury in Retrograde	7 ♀ Mercury in Retrograde
8 Quadrantid Meteor Shower ♀ Mercury in Retrograde	9 ♀ Mercury in Retrograde	10 ♀ Mercury in Retrograde	11 ♀ Mercury in Retrograde	12 Lincoln's Birthday	13	14 Valentine's Day
15	16 Presidents' Day	17 Mardi Gras Carnival	18 ☾ NEW MOON	19 CHINESE NEW YEAR	20	21
22 ☿ Conjunction of Venus and Mars	23	24	25	26	27	28



February 3
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 23:09 UTC. February's full moon is referred to as the Snow Moon, due to North America's typically cold and snowy weather. Other names for the February full moon are Ice Moon, Storm Moon and Hunger Moon.

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.

SOURCE:

www.seasky.org
www.afoastrology.com
www.mindbodygreen.com
www.manpurpose.com
www.MoonConnection.com



February 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 23:47 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 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.



January 21- February 11
MERCURY IN RETROGRADE

Three, and sometimes four times a year, the planet Mercury appears to be moving backwards in the sky for a period of approximately 3 weeks. **Retrograde cycles are essentially illusions** that result from

our point of view from Earth. Simply because the Earth is also orbiting the Sun at a different speed than the other planets.

METAPHYSICAL ASPECTS

Although it may only be an illusion in the skies, many of us insist that Mercury in retrograde influences our everyday life tremendously. In Astrology, the planet Mercury has rulership over such things as communication, negotiating, buying and selling, information, formal contracts, documents, travel, transportation, and so forth. All of these areas of life can be affected when Mercury is in retrograde.

Mercury's retrograde period can cause our plans to go awry. During this time, remain flexible and allow time for extra travel. Decision-making is challenged during Mercury in retrograde. It is not advised to sign contracts, engage in important decision-making, or launch a new business. Delays and challenges are more probable with Mercury in retrograde. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions. It's a time when being careless with money, our personal information, or paperwork can be costly.

However, this is an excellent time for organizing and to reflect on the past. We look at the world a little differently and can come up with some very important inner revelations, although, it may be difficult to communicate them under this influence. Mercury in retrograde periods can be times of heightened inner awareness, when meditation, reworking old plans, and reviewing past work are favored. Intuition is high during these periods, and coincidences can be extraordinary.

FORT MYERS MUSIC WALK

February 20, 2015 6-10pm

Art for Acts Gallery

2265 First Street
Fort Myers, Florida

www.artforactsgallery.com



Hung Ly performs as part of Fort Myers Music Walk. Playing single, double, and triple Native American flutes live at the Art for Acts Gallery, a 100% non-profit gallery owned and operated by the non-profit agency Abuse Counseling & Treatment, INC. February featured artists include Kids with Cancer, Jerry McGreens and many other talented local and regional artists. Art, lots of music, and fun all in the historic river district of downtown Fort Myers!

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Local News & Events

FEBRUARY 4
6PM

LIGHTEN UP NAPLES - A permanent weight loss program offered by Dr. Carol Roberts. At the **Chardonnay Restaurant**, 2329 Tamiami Trail N., Naples, RSVP at 941-202-4149 (See details at the bottom of this page)

FEBRUARY 4
6PM-9PM

"FLOWERS & TREES" ART EXHIBIT OPENING - Alchymie pianist Jennifer Theuer Ruzicka and flute player Hung Ly will perform ambient piano and Native American flute music showcasing single, double, & triple flutes at the stunning and historic Shangri-La of Bonita Springs. This will also mark the opening of the newest gallery exhibition at Shangri-La, "Flowers & Trees", 27750 Old U.S. 41 Road, Bonita Springs. 239-949-0749

FEBRUARY 8
NOON - 5PM

GODDESS EMPOWERMENT WORKSHOP - at Goddess I AM Healing & Art Center. Join Tamar George as she leads you to deeper understanding of your Power and how to embrace it. 600 Goodlette Rd. N., Naples. 239-228-6949

FEBRUARY 13
3AM - 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

FEBRUARY 17
6:30PM

Healthy Happy Hour with Deb - Join us for a very special evening where we will show you a proven fat loss and cleanse program. Your body will thank you for coming. Limited seating. Register at www.debfa.com or call (316) 644-0469. See details on page 34.

FEBRUARY 21
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

FEBRUARY 21
HEALING CEREMONY

with Bethany Gonzalez - at Goddess I AM Healing & Art Center. Sit in our sacred circle and heal the wounds that still impact your life. 600 Goodlette Rd. N., Naples. 239-228-6949

FEBRUARY 27
4PM - 7PM

BOOK SIGNING with Linda Beaurgard - at Goddess I AM Healing & Art Center. "I Gave Myself Cancer, I Can Take It Away." 600 Goodlette Rd. N., Naples. 239-228-6949

EVERY FRIDAY
10AM

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Dr. Roberts has been practicing integrative/holistic medicine for over 20 years. This style of medicine offers a more patient-centered model to medicine.

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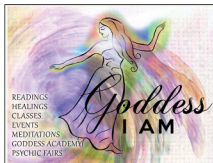
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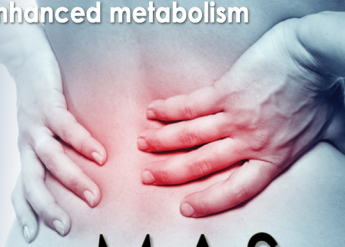
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A doula is a trained and experienced labor companion who provides a woman and her husband/partner continuous emotional support, physical comfort and assistance in obtaining information before, during and after childbirth. She understands the physiology of birth and the emotional needs of the family; she assists in preparing for and carrying out their plans; and she facilitates communication between the laboring woman, her partner, and clinical care providers. A doula offers emotional support, physical comfort measures, an objective viewpoint and assistance to the woman in getting the information she needs to make good decisions. She perceives her role as one who nurtures and protects the woman's memory of her birth experience and stays by her side throughout the entire labor and delivery process.



"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.

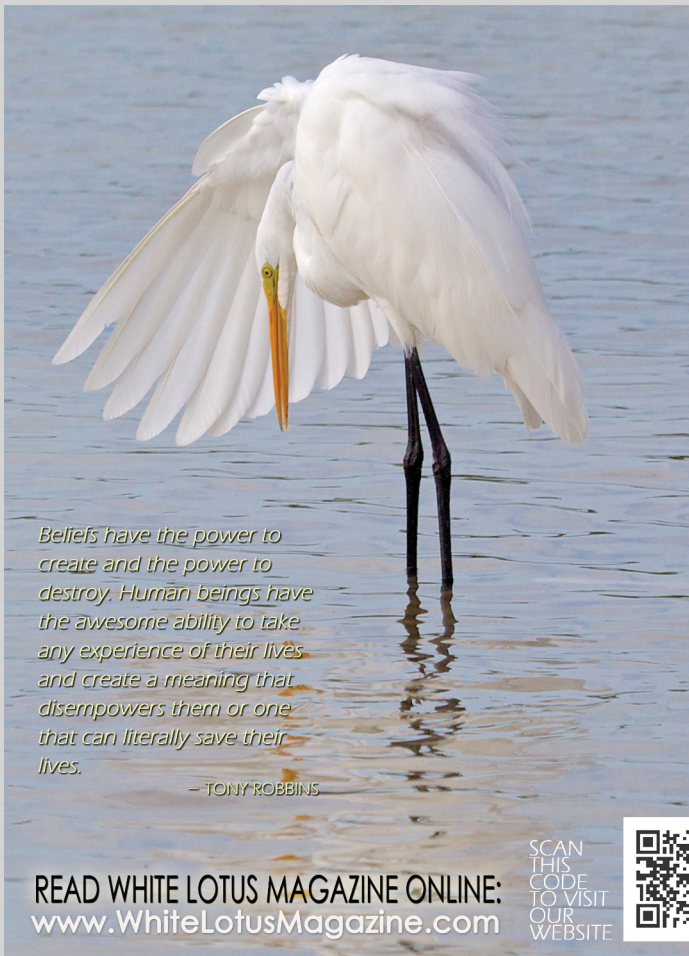
"I am still so thankful to have Paula comfort and support my wife and I through her pregnancy and to walk with us through this journey into parenthood. It was truly helpful to have her knowledge and experience when discussing and experiencing all things pregnancy." - Wesley O., Naples, FL.

"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.

www.DoulaLove.org



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PHOTOGRAPHY BY DIANA CALLEJA

Beliefs have the power to create and the power to destroy. Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them or one that can literally save their lives.

— TONY ROBBINS

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