



White

SW Florida Edition

FREE

JULY/AUG 2015

Lotus
magazine

Wisdom

INSPIRATIONS FOR CONSCIOUS LIVING

One's philosophy is not best expressed in words; it is expressed in the choices one makes... and the choices we make are ultimately our responsibility.

- ELEANORE ROOSEVELT



Evanick Photography

Think twice before you speak,
because your words and influence
will plant the seed of either **success**
or failure in the mind of another.

- NAPOLEON HILL

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

- OFFERINGS OF SPIRIT

WISDOM
FOR JULY & AUGUST

The Shaman's Whispers

*Be truthful and respectful
in your speech, which in
itself is a miracle and gift
from the Creator. Use it
only to speak good of
each other and to pass on
the good things in life.*

Offerings of the Shaman Lady.

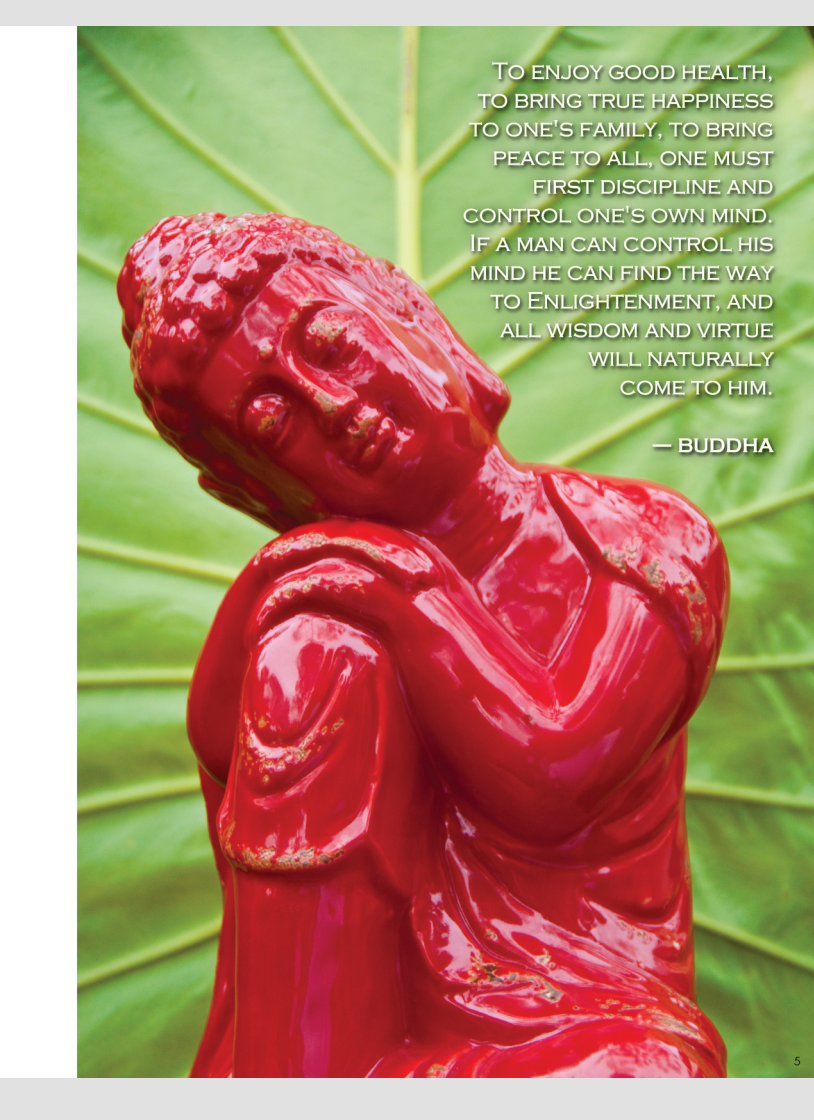
"The Shaman's Whispers"
is a monthly column, offering
bits of wisdom inspired by
Native American teachings.

This month's insight is based on
the wisdom of the Cree.

...Calm the spirit and return to the Source. Cleanse the body and spirit by removing all malice, selfishness, and desire. Be ever grateful for the gifts received from the universe, your family, Mother Nature, and your fellow human beings.

*- MORIHEI UESHIBA, *The Art of Peace**



A glossy red Buddha statue is the central focus, shown from the chest up. The statue has a serene expression and is set against a background of large, vibrant green leaves. The lighting creates bright highlights and deep shadows on the smooth, polished surface of the red material.

TO ENJOY GOOD HEALTH,
TO BRING TRUE HAPPINESS
TO ONE'S FAMILY, TO BRING
PEACE TO ALL, ONE MUST
FIRST DISCIPLINE AND
CONTROL ONE'S OWN MIND.
IF A MAN CAN CONTROL HIS
MIND HE CAN FIND THE WAY
TO ENLIGHTENMENT, AND
ALL WISDOM AND VIRTUE
WILL NATURALLY
COME TO HIM.

— BUDDHA



"We are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

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

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

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

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

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

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

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www.WhiteLotusMagazine.com

NOTE *from the Editor*

When I started White Lotus Magazine, I prepared myself for the summer slowdown and its consequences. Or at least I thought I did. I consciously planned to adjust to a 'summer publishing schedule' in May to ease the financial strain of our advertisers and give everyone, including me, a little break by combining two months into one issue.

We all know that the drop in revenue during these months does take a huge toll on our local businesses. But I didn't fully anticipate the toll summer would take on White Lotus Magazine as a result. I expected a decrease in advertising sales and consequently I predicted fewer copies in circulation. Still, I didn't prepare for this magnitude. Having to face the measure of the effect has been rather testing and a little discouraging.

But that doesn't stop me from continuing to work on bringing this publication to life each month – or bimonthly for the time being. I committed myself to creating a magazine that inspires and provides good, valuable content. Even if there will be only a limited number of copies out in the summer months, White Lotus Magazine will be available in print as well as online to those who love it and choose to read it. In September we plan on going back to the regular month-to-month schedule.

Publishing White Lotus Magazine requires constant rethinking, readjusting, and restructuring. It is a process of growing and evolving, and I am growing and evolving along with it. With each issue I learn not only about the kinks of magazine publishing, editing, graphic design, and the topics we feature, but also about myself, my strengths, and my weaknesses.

With the July/August issue getting ready to go to print, I realized that I cannot be discouraged by the impact of summer. Even though some of our advertisers aren't able to contribute to the printing costs during these months, we do have dedicated supporters who give above and beyond the monetary contributions, and readers who look forward to and treasure each issue. And this is why White Lotus Magazine was born, and will persist – even if in small numbers only throughout the summer.

Anna Krecicki



JULY/AUG



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ANIMAL SPIRIT GUIDE:

The turtle teaches us to accept the world we live in and to adapt to changes when needed.

Turtle



In many cultures, the turtle represents ancient wisdom, determination, persistence, and longevity. According to the Manataka, the Turtle can teach us new perceptions about time and our relationship to it. It can also help us grow old gracefully and in harmony with our environment. When the pace of life becomes too hectic, Turtle reminds us to slow down and go with the flow.

"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.

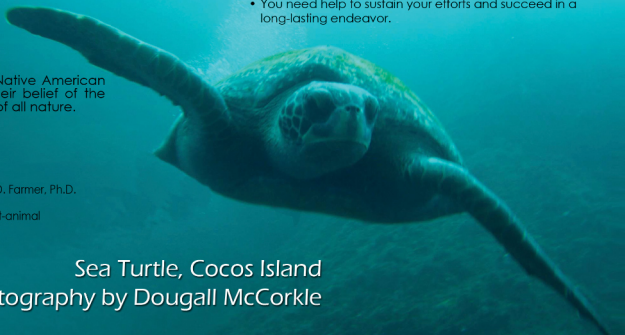
Discovering your animal spirit guide is a process of paying attention to the spirits around you and following the signs. It is a practice of developing your inner knowledge and spiritual understanding.

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

SOURCES:

Animal Speak by Ted Andrews
Animal Spirit Guides by Steven D. Farmer, Ph.D.
www.manataka.org
www.spiritanimal.info/turtle-spirit-animal

Sea Turtle, Cocos Island
Photography by Dougall McCorkle



Resistance

by Beth Brown-Rinella

We often hear about the significance of healing and 'working on ourselves'; we talk about making the shift, going to classes, reading, and meditating. Many of us even practice these on a daily basis. Yet, sometimes after all the work we have done for ourselves, after all the classes we have taken and all the meditations we have gone to, we still find that we are not far from where we started. How is that possible? Why is it that we **want** to change and heal, but we are stuck? Resistance. Unconsciously we resist healing.

In our hearts we feel the urge to change, to make the shift, to behave differently, but our heads hold fast to certain beliefs about ourselves. Often rooted in our childhood, these beliefs are hard to shake off. We tend to think that *it is just the way we are*. That may be because we don't realize that these beliefs are not who we are -- they are someone else's idea about us. Authority figures, past hurts, and traumatic events can often influence our beliefs about our self-worth and lead to emotions that hold us back (such as fear, shame, resentment), and lack of self-esteem).

For examples, when we are raised to be seen and not heard, we can lose the confidence that our words are valuable -- making us afraid to speak up or defend ourselves. Consequently, this can lead to other issues in life. Over the years, we form unhealthy habits and thoughts, and develop a resistance based on false beliefs about ourselves. It is these beliefs that need to shift in order for true healing to take place.

Many times I have encountered this resistance in my practice: I've had several clients who simply resist my healing efforts. They keep repeating the behavior that brought them to me in the first place. Many people refuse to deal with unresolved issues and expect healing to *magically* happen. Healing, dear ones, is NOT for the feint of heart! It takes effort, work, time, authenticity, and the willingness to forgive.

Healing will not happen overnight, or after one or two sessions. It requires a commitment to retraining how you think, and constant reminding to stop judging and focusing on the negative. If you struggle with the thoughts in your head, change them, turn them into something positive. Minute by minute if necessary. Remember, these beliefs formed habits over the years, and replacing the unhealthy thinking with new thoughts is going to require some time and effort.

But know this: the freedom you feel when you realize that the *old way* doesn't fit who you are any longer is amazing. Your old beliefs are not who you are! Allow these words to sink in and swirl around in your head until they take root and become fueled by an emotion that says, "Enough!" Surrender will soon follow and the real healing can begin.

This could be a lone journey or a journey shared with others. Know that no journey is ever one that you walk truly alone, for you have the support and love of your Guidance Team of angels who see you as you ARE, not the story that you live.

If you wish for help and guidance in your journey of healing, I am happy to help. Your Soul Journey can be easier when you have the help of a healer who can recognize when the resistance creeps in and ease you back onto your path of Wholeness.

Namaste!




Beth is the owner of Goddess I AM Healing & Art Center in Naples, Fl. (See ad on page 31) She is available for appointments by calling 239-228-6949. Long distance and in-person readings are available.

NOTE *from the Editor*

Anxiety and stress always seem to find a way to creep into our lives, regardless of age, gender, lifestyle, health, and finances. Life tends to throw situations at us that may be overwhelming, stressful, and challenging at times – no matter where we are on our spiritual paths. Most likely, we all encounter *triggers* in our lifetime, perhaps on a daily basis, that can cause us mental or emotional strain: people who ‘push our buttons’, memories of past hurts and traumas, touchy subjects or topics of conversation that may bring about disagreements (about religion, money, family), as well as some common stressors of our every days such as work, lack of time, bosses, exes, household chores, traffic, and bills, to name a few.

Often there is nothing we can do about the circumstances, the situations or the people in our world, but we can surely control what we *allow in*. We can consciously choose not to let stress and anxiety take over. It might take a lot of willpower and focus to overcome the urge to respond to the stressors around us. But reacting to a trigger will only create more stress and anxiety, leading to fights, nervous breakdowns, panic attacks, and often physical sickness as a result. There are many things one can do, from the simplest techniques to life-changing spiritual practices, to calm anxiety and stress without having to turn to medication or other often harmful substances. Here are some simple tips to relax the mind, body and spirit that anyone can try.



Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life.

- MARILU HENNER

Photo from Google Images

SOURCES OF INSPIRATION:
www.greatest.com/happiness/40-ways-relax-5-minutes-or-less
www.stress.org/take-a-deep-breath

Daily Meditations for Calming Your Anxious Mind by Jeffrey Brantley, M.D., and Wendy Millsline, NC

15 SIMPLE THINGS

you can do to calm your mind, body, and Spirit

1. count to ten

The good of saying "count to ten" is wise advice in difficult situations. When you are temporarily overcome by stress, anger, disappointment, sorrow, or fear, you may not think clearly and the consequences of your reactions could create more havoc. Let the adrenaline rush pass, and when you feel calm again, you may find it easier to deal with the situation at hand.

2. breathe

Slow, deep breaths can help lower your blood pressure and heart rate. Focused breathing increases the supply of oxygen to the brain and stimulates the parasympathetic nervous system, which promotes a state of calmness. Conscious, deep breathing can also transform energy: it nourishes not only the body, but also the spirit.

3. walk away

Literally. Walk away from whatever or whomever is causing you discomfort. Going for a stroll will help calm your mind and you'll also get the benefits of some alone time, physical activity, and a few minutes to gather your thoughts.

4. de-stress naturally

Drinking a cup of green tea is often enough to calm the nerves. Green tea is a source of L-Theanine, a chemical that is believed to relieve stress. Add a spoonful of honey, which is known to help fight depression and anxiety. Eating dark chocolate or a mango could also relieve your stress: dark chocolate regulates levels of the stress hormone cortisol and mango contains a compound called linalool that helps lower stress levels.

5. meditate

The very essence of meditation is quieting the mind. Even if you don't meditate regularly, just finding a quiet corner and sitting/lying down for a few minutes, focusing on your breathing and trying to erase the thoughts from your mind could help you calm down when you feel anxious or stressed. With practice, you may further benefit from meditation at so many levels.

6. clear the air

Actually, cleanse it. Get rid of stagnant, negative energies around you. You can cleanse your space and your aura by burning salt, incense sticks, herbs (e.g. sage, sweetgrass, lavender), Palo Santo wood, and tree resins (e.g. myrrh, frankincense, or copal). You may also try aromatherapy. The soothing scent of essential oils may help relieve stress and anxiety by stimulating smell receptors in the nose that connect to the part of the brain that regulates emotions. Light an aromatherapy candle, use an essential oil diffuser, or put a few drops of oil on your palms and inhale. Rose, lavender, lemon, chamomile, lemongrass, and orange are just a few of the many essential oils known to calm an anxious mind.

7. work with crystals

Many crystals are believed to help reduce mental, emotional, and physical stress. Some of these are: Selenite, Amethyst, Fluorite, Aquamarine, Peridot, Apophyllite, Kunzite, Lepidolite, Charoite, Moss and Blue Lace Agate, Moonstone, Obsidian, and Onyx. You may hold the crystal of your choice in your hand or place it on your forehead. Focus on the cause of your stress or worries, then 'send' it into the crystal by thought and intention. You may also do this by blowing it into the crystal.

8. get a massage

Undoubtedly, massage is one of the best ways to reduce stress. It provides instant relaxation for your body and mind by lowering your heart rate, blood pressure, cortisol (stress hormone) levels, as well as relaxing your muscles and increasing the production of endorphins, the body's natural 'feel good' chemical. Acupressure and acupuncture are also proven modalities for stress relief.

9. occupy your mind

Listen to your favorite song, watch a feel-good movie or a funny video on YouTube, or grab a motivational book to take your mind off your worries. Solving a crossword puzzle, laughing at jokes, or playing a non-violent video game may also get your thoughts away from what's bothering you or causing your stress. Once you are calm again, you may be able to address the situation easier with a clear head.

10. occupy your body

Any form of physical exercise is known to release endorphins, making it a perfect stress fighter and mood booster. Gardening, treating yourself to a spa visit, or taking a bubble bath can also provide a sense of happiness and calm, melting your stress away. You may also create peace of mind with yoga, and banish worries with dancing.

11. go to your happy place

If you don't already have one, create a "zen zone". It may be a physical space that you can set up in your home or in your garden with crystals, candles, and incenses, or it could mean simply being in nature, or even an imaginary place you visualize in meditation. Whether an actual place or a made-up one, your 'happy place' is your safe place. Go there when you need to calm down and wait until the tension dissipates.

12. talk it out

Vent. Let it out. Share your feelings and concerns with a friend or have a conversation with your Higher Self. You may choose to communicate with divine beings (angels, spirit guides, the Creator) in meditation or prayer.

13. let go

If you find yourself at the verge of an argument, try not to engage. Let it go. Recognize that by responding to being provoked or blamed will probably just fuel the argument. In order to avoid a fight or a stressful situation, accept the moment as it is, even if you don't like it, and surrender yourself to it. Surrender does not mean defeat. It means that you are aware of the situation, the possible outcome, and the probable consequences of your (re)actions and you choose not to move forward.

14. fill yourself with love

If you focus all your attention on someone or something that you love, there will be no room in your mind and heart for anger, stress or anxiety. Hold this feeling of love until you feel that your body and mind have relaxed.

15. become mindful

Mindfulness is a practice, a life choice in fact, that helps to calm the mind and body. It is defined as becoming aware and accepting of our thoughts, feelings, and surroundings in the present moment -- without judgment. Being mindful in your life, not just in a stressful situation, can help you handle and even avoid anxiety and stress in the long run.

The Morning Routine

by Csongor Daniel

Scan code to watch the full
Morning Routine exercise video



Shoulder Roll

The importance of daily exercise is undeniable, yet many people shy away from it with different excuses: 'I have no time; It's too hard; I don't know how; I'm in pain'. You don't have to pump iron or run marathons every day for your daily routine, however, you should satisfy at least the basic requirements of some cardio vascular exercise and strength training by tailoring them to your age and ability.

Even gardening counts as an exercise if you do it regularly. Unfortunately, many people injure themselves even with every-day activities. Most people will stretch and warm up at the gym, but will forget to do it before pulling weeds. To prevent unnecessary pain and injury, I recommend a good warm-up and stretch every morning. As long as your major muscle groups are ready for the day, there will be fewer injuries from sudden movements or excess housework.

Since most people (including me) have limited time in the morning, I developed the ultimate routine that will move and stretch most muscles and warm up most joints in less time than it takes for your espresso to cool down. Some exercises are derived from my Qi Gong routine, while others are straight from the gym. The following is an excerpt from my upcoming book: Bioenergy Healing, which is coming out in January, 2016 (Skyhorse Publishing).

For those enthusiasts wanting a good start for the day while preventing injuries, to get energized, here is my morning routine. It only takes 5-10 minutes (I usually do it during the morning dog walk, while the pet is sniffing around).

EMPTY STANCE

Stand with the feet parallel, shoulder width apart, knees slightly bent, with the pelvis tucked under. The upper body should be straight, head up, shoulders relaxed. This is also a good posture if you have to stand for a very long time.

NECK ROLL

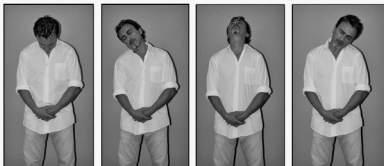
Slowly drop your head forward, so your chin touches your chest. Gently roll your head left and right, while trying to keep the chin on the chest. Go farther with each turn, until you reach your shoulder with your ear after about ten rolls. Don't worry, if they don't touch – they can't, but keep your shoulder down. Now continue to roll your head all the way around. Ten times one way, ten times the other. Try not to turn your head – just roll. This will stretch and warm your neck and shoulders as well as open the neck passages for good energy flow.

SHOULDER ROLL

Lift your arms up sideways, so they are the same height as your shoulders. Point your palms away from you, and pull your fingers back as far as possible. Now start circling your arms first backward ten times and then forward ten times, gradually increasing the diameter of the circles. Follow that by turning your hands down (palms facing you this time) and doing ten large circles both back and forward. This will warm up your shoulders and arms, as well as stretch them - especially the forearms and bring energy to your hands!

HUGS

As soon as you stop the circling, start giving yourself dynamic hugs. Stretch your arms back as far as they go, shoulder height, and then bring both arms forward, slapping yourself as they cross over each other across the chest. Repeat ten times. This is a good stretch for the shoulders as well as a good stretch for the energy flow down the arms.



Neck Roll

SWING

Here is the most important exercise of them all. Even if you are the laziest person on the planet, you can still take a couple of minutes a day to perform a QiGong swing. This is a must for everyone! I call it "The Ultimate Energy Enhancing Exercise". It is one of the simplest, yet most incredible exercises that has ever been developed. Its variations have been practiced in China for centuries and have awarded the practitioner with health and youthful vigor.



Exercises
performed by
Csongor Daniel

Swing

The basic swing is performed in a standing position with feet shoulder-width apart, knees slightly bent and pelvis tucked under. The upper body should be straight, head up. Make sure arms are totally relaxed, like a pair of wet noodles hanging by the sides. Turn to one side and let the body's flexibility pull you back toward the middle. Since the arms are relaxed, the body will turn a bit past the middle. Let it go and let the arms go a little farther. With just a little bit of added energy, the body will now turn in the opposite direction. As you continue this, after a while you will be turning effortlessly left and right. As you speed up, you will turn farther and farther, increasing the stretching and twisting in your spine and in the entire body. Try to look behind you at every turn and let your arms slap you both in the back and in the front.

The twisting will move every vertebra (even if some of them will move only microscopically). It will stretch not only the neck and back muscles, but also the entire body all the way down to your toes. Your fascia (the sheets encapsulating the muscles) will stretch as well. Your shoulders will try to separate due to the centripetal power pulling them outside – this will create a vacuum in your shoulder joints, pulling in more lubrication. Your blood circulation will increase, especially to your hands. Your lymphatic circulation will be encouraged as well. The energy will be forced through the body almost like when you heal, thus improving your energy flow, too. The slapping will massage your internal organs, improving their function as an additional bonus. The list of all the benefits is very long.

QUAD STRETCH

Pull your right foot up behind your buttocks with your right hand and hold for ten seconds while tucking under the pelvis. Repeat on the left. If you are unable to do this, hold onto something solid (like a tree) and squat down for ten seconds. This stretches the quadriceps and sends the energy down to the knees.

HAMSTRING STRETCH

Step out straight with the left foot about two feet in front of the right, which is turned out 45 degrees. With both knees straight and the hips turned forward, slowly exhale and lower your upper body gently over the front leg. You will feel a nice stretch in your left hamstring. Hold for ten seconds and repeat on the other side. This will stretch the lower back as well and open the energy passages down to your feet.

FOOT ROLL

Stand on one foot, bring the other one out and slightly behind the foot you are standing on, with only the toes touching the floor, heel up. Circle your ankle ten times (with your toes still on the floor). Repeat on the other foot. This will loosen and warm up your ankles, letting the energy flow through them easier.



Hamstring Stretch



Quad Stretch

This very easy routine cancels any argument about exercise you might dream up, while making very few demands on your time. Surely your good health and well-being are worth a mere five-to-ten minutes, to set you up for whatever the day may bring.

If you have 35-45 minutes a day that you would like to devote to energy enhancing exercises, I would highly recommend [Energizing T'ai Chi Chi Kung](#), my double DVD set available on www.csongordaniel.com.

CSONGOR DANIEL, B.S., L.M.T., C.P.T. was born in Yugoslavia to a Hungarian family. His gift of healing surfaced at the age of 21 and became serious when he unintentionally discovered that he could literally move people without touching them. This psychokinetic ability pushed him into researching the human energy fields. After graduating in engineering, Csongor became one of the first students of the world renowned healer, Zdenko Domanic, who is credited for healing more than a million people!

As an established Biotherapist, Csongor worked on more than thirty patients a day, successfully treating everything from simple headaches to the most serious medical conditions. In the U.S. since 1991, Csongor has been working as a Healer, Biotherapist, Speaker, Licensed Massage Therapist, Massage Instructor, Certified Personal Trainer, T'ai Chi and Chi Kung Instructor, Wellness Coach, Inventor, and Author.

As an internationally known Healer and Lecturer, Csongor was the first honorary president of the International Biotherapy Association. Csongor's lectures are approved both in Florida and nationwide for continuing education. His internationally sold book: *Biotherapy: A Healing for the 21st Century* became a home-study course for massage therapists throughout the country, as did his double DVD: *Energizing T'ai Chi Chi Kung: The 18 Steps for the Absolute Beginner*. His newest book teaches children to feel and to see the energy. It is titled: *The Girl with the Healing Hands*.

For more information go to www.csongordaniel.com

In Focus: ASHTANGA YOGA

- A Very Special Practice, A Very Special System of Yoga

by Andrew Pelker & Amy Cheung



Amy Cheung
KPYAI Authorized Level 2
Ashtanga Yoga Teacher

Yoga is India's gift to the world, a means of bringing strength, flexibility, balance, harmony, health, peace, and happiness through cultivating a mind-body connection.

Ashtanga Yoga is an ancient system of yoga, as applicable and beneficial to us today as it was thousands of years ago. The Ashtanga Mysore Yoga is a particular method of practice taught to the world by Sri K. Pattabhi Jois, a yoga master of Mysore, India. He is affectionately referred to as 'Guruji' by thousands of practitioners of Ashtanga Yoga around the world, whose hearts have been touched by his presence. Today the Ashtanga Yoga tradition continues to be taught in Mysore by Guruji's grandson, R. Sharath Jois, as well as Guruji's daughter, R. Saraswathi Jois. Meanwhile, the method of Ashtanga Yoga is taught all over the world by devoted students who now serve as teachers.

According to the Yoga Sutras of Patanjali, yoga [and] self-realization can occur when there is complete absorption; when our concentration is entirely undisturbed.* The system of Ashtanga Yoga is based upon *tristhana*, a principle of concentration, and our tools in striving to attain it. There are three primary focuses in this practice: *asana* (a given pose), breath, and *dristhi* (gaze). Guruji taught, "We have mastered a pose if our breath in such pose is correct."

The practice is further built upon *vinyasa* (flow) through various poses, linking our breath with movement between selected poses which are held to a specific breath count. Eddie Stern, the director of Ashtanga Yoga New York explains that in the system of Ashtanga Yoga we are concentrating on a particular pose [or movement], and through the *vinyasa*, we are linking multiple single points of concentration.**

Through the practice of yoga we generate a very special heat known as *tapas*. Yoga is unique in that this heat is generated by linking breath with movement. In the system of Ashtanga Yoga, we "flow" in between held poses to keep up the heat. The Yoga Sutras of Patanjali teaches that it is this heat that burns impurities.*

The Ashtanga Mysore practice is a self-practice, ideally performed under the guidance of a qualified and dedicated Ashtanga Yoga teacher. Traditionally, a practitioner in a Mysore room performs his specific practice, as guided by the teacher based upon suitability and capability of the practitioner. The full Ashtanga Yoga sequence of poses is segregated into various progressing series, including but not limited to Primary Series (practiced for health), Intermediate Series (to purify and balance our subtle bodies), followed by Advanced A as well as B Series. An Ashtanga Mysore teacher gives new poses within the set sequence of poses to students as they are ready to receive such. As Guruji would say: "Practice, and all is coming."

Mysore style Ashtanga Yoga is generally practiced Sunday through Thursday mornings of a given week, early each morning as energy is said to be auspicious and particularly high prior to and during sunrise. One day each week an Ashtanga Led (guided) class is taught by the teacher, affording an opportunity for a given practitioner to fine-tune his practice ensuring that his breath count, holding given poses, and flowing through given poses are performed in a correct manner, consistent with a particular stated breath count. According to R. Sharath Jois, it is important that a given Led class be performed in a particular time frame in order to generate sufficient heat.*** An Ashtanga Yoga Led class is generally practiced on Friday morning of a given week. An exception to this is that we traditionally do not practice on a new or full moon day, each of which occurs one time per month. Saturday is a day to take rest from the practice.

Practicing Ashtanga Yoga, hearing and feeling your breath amidst that of others within otherwise silence of a Mysore practice room is a truly beautiful and magical experience, something so profound which one must experience firsthand to understand fully.

REFERENCES

* Yoga Sutras of Patanjali - 196 Indian sūtras that constitute the foundational text of Ashtanga Yoga, compiled around 400 CE by Patanjali, taking materials about yoga from older traditions.

** Eddie Stern, director of Ashtanga Yoga New York

*** R. Sharath Jois, grandson of Sri K. Pattabhi Jois

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Andrew Pelker
Jivamukti Certified, Yoga
Therapy Trained Teacher

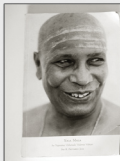
ABOUT THE AUTHORS

Amy Cheung and Andrew Petker have recently moved to Naples, FL establishing a dedicated Ashtanga Yoga Mysore Program at the beautiful Shangri-La Springs in Bonita Springs, the only known program of this type in South West Florida.

Amy Cheung has received the blessing of R. Sharath Jois to teach full Primary as well as Intermediate Series Ashtanga Yoga. She teaches authentic and traditional Ashtanga Yoga as taught to her by Gururji, R. Saraswathi Jois, as well as R. Sharath Jois. Amy studied with Ashtanga certified teachers Alexander Medin as well as Paul Dallaghan prior to her journeys to Mysore, India, to study with the Jois family.

Andrew Petker is a long time practitioner and teacher of Ashtanga Yoga. He too teaches authentic and traditional Ashtanga Yoga as taught to him by Gururji, R. Saraswathi Jois, R. Sharath Jois, Manju Pattabhi Jois, as well as Eddie Stern (a long time and devoted student of Gururji, certified by Gururji to teach Ashtanga Yoga).

Amy and Andrew teach authentic and traditional Ashtanga Yoga with devotion to Gururji as service. For further information visit www.ashtangayoganaples.com or www.shangrilasprings.com.



"Yoga belongs to humanity as a whole. It is not the property of any one group or any one individual, but can be followed by any and all, in any corner of the globe, regardless of class, creed or religion"

SRI K. PATTABHI JOIS, YOGA MALLA 1962

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

Suggested Links: www.kpjayi.org, www.ayny.org

Supported Book: *Gururji: A Portrait of Sri K. Pattabhi Jois Through The Eyes Of His Students* by Guy Donahaye and Eddie Stern

Ashtanga Yoga classes with Andrew Petker and Amy Cheung are available at Shangri-La Springs in Bonita. Sign up by phone at (239) 949-0749 or by email at info@shangrilasprings.com.

Mysore Ashtanga Practice

Every Mon, Tue, Wed, Thu
6:30am to 9:00am
Sundays
7:00am to 10:00am

Introduction to Ashtanga for Beginners

Every Thursday
9:30am to 10:45am

Ashtanga Primary Led

Every Friday
7:00am to 8:30



Crystal Therapy: SMOKY QUARTZ

ATTRIBUTES	Protection, Grounding
ELEMENT	Earth
CHAKRA	Root/Base and the Earth Star
MINED	Worldwide

Smoky Quartz is a protecting and grounding stone that has a strong connection with the earth – promoting a concern for the environment. It can be used to gently dissolve negative energies and emotional blockages. It is also known to provide a barrier of protective energy around the user. Smoky Quartz further promotes concentration, calmness, and positive thoughts. It can be used to alleviate stress, fear, nightmares, and depression. It may help to keep a clear mind and balanced energies required for spiritual development. It is believed to deflect the negative effects of radiation, geopathic stress*, and electromagnetic smog*.

HEALING

Smoky Quartz is thought to be effective for ailments of the legs, hips, and abdomen. It is said to relieve pain, dissolve cramps, and aid muscles.

POSITION

Place under pillow, by phone or on geopathic stress* lines. It can be worn as jewelry for longer periods of time for protection. To dissolve pain, place over problem area.

MEDITATION

It raises one's vibrations during meditation. It can also assist to remain in touch with the physical body during astral travel. For a fast stress relief, place Smoky Quartz in each hand and sit quietly for a few minutes.

*ELECTROMAGNETIC SMOG A subtle but detectable electromagnetic field given off by electrical power lines, computers, cell phones, television, and microwave ovens. It can have an adverse effect on sensitive people.

*GEOPATHIC STRESS Subtle emanations created by energy disturbances from underground water, power lines, and ley lines (Energy lines connecting ancient sites throughout the Earth). Geopathic stress can affect people and whole buildings, and contribute to diseases of all kinds.

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

SOURCE: *The Crystal Bible* by Judy Hall



comfort . warmth . stability

brown



Brown is often associated with security, stability, honesty, humbleness, the rustic, the earth, warmth, comfort, and plainness.

COLOR THERAPY: BROWN

POSITIVE ASPECTS

Wholesomeness, Naturalness, Dependability, Practicality, Humbleness, Honesty, Comfort, Nurture, Being grounded, Warmth

CHALLENGES

Shyness, Problems with authority, Inability to speak up

CHAKRA: Root and Earth Star

CRYSTALS: Honey Calcite, Brown Jasper, Andalusite, Agate, Desert Rose, Aragonite, Petrified Wood, Boji Stones, Smokey Quartz

Did You Know?

Prior to the introduction of denim, brown was the color of the clothes worn by manual workers. According to surveys conducted in Europe and the United States, brown is surprisingly the least favorite color of the public.

WARDROBE

Brown suggests reliability and the desire to remain neutral in a situation. Wearing brown represents a stable and secure character that others tend to listen to. Incorporate brown into your wardrobe when you need to think things through, transform ideas into practical reality, or when you feel the need to re-connect to your roots.

COLOR HEALING

Brown is a composite color, made by combining red, yellow and blue. It has a wide range of shades from light beige to rich chocolate brown, and from mahogany to dark espresso.

In Color Therapy, brown carries the practical energy of red, the intellectual qualities of yellow, and the tranquility of blue. It 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.

ATTRIBUTES

Brown is neutral and non-threatening. It is the color of the earth and the natural world. Brown represents fertile grounds, planting new seeds, and our connection to Mother Earth. Its warm tones are inviting, comforting, nourishing, familiar, and secure. Brown is believed to inspire the feeling of peace and stability. You may bring more brown into your life when you feel the need for solidity and practicality. However, excess amounts of brown can have a dulling effect and lead to lack of clarity, ambition and the drive to go forward in life. Brown can also help you become more grounded. Meditating with a brown mineral or visualizing the color brown can ground you after energy or spiritual work. Those with a preference for brown tend to stay in the background, and wish to be unnoticed. They are down-to-earth, often very quiet and don't want to be any trouble. They have well thought-out, stable ideas.

IN THE HOME

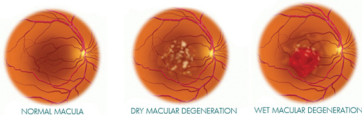
Brown can bring nurturing and secure energies into a home, promoting a feeling of acceptance and flexibility. It's an excellent color for studies or offices, as it helps the process of brainstorming and putting thoughts and ideas into practice. Too much brown in a space can be overbearing. Try to keep brown well-balanced with other colors.

SOURCE

Healing with Crystals and Chakra Energies by Sue & Simon Lilly
www.old-earth.com/color-meanings.html#anchor-brown
www.fengshui.about.com

Seeing the Light with Macular Degeneration

by Carol Glassman



So -- you have been diagnosed with Macular Degeneration and you are in such a state of shock that you don't hear or understand most of what your ophthalmologist or retina specialist says after that. Your mind is racing as you imagine going blind and wondering how you can possibly manage without your usual independence. Your doctor's pat on the shoulder and attempt to reassure by saying, "You won't go completely blind" is not terribly comforting. How did this happen? No one in your family has it. You had no idea your vision was deteriorating.

Age-related Macular Degeneration (AMD) is a degenerative disease of the retina that causes a progressive loss of central vision. An estimated 10 million people in the U.S. either have AMD or are at risk of developing it, most commonly around age 55.

According to The Foundation for Fighting Blindness, "The macula is a small region in the center of the retina, which enables a person to see fine detail. Light sensing cells in the macula, known as photoreceptors, convert light from the visual field into electrical impulses and then transfer the impulses to the brain via the optic nerve. Central vision loss from AMD occurs when photoreceptor cells in the macula degenerate."

If detected in the very early stages by your ophthalmologist, you might be surprised because you may not have noticed any of the symptoms at all, such as blurring of central vision while reading or doing close work, or have noticed that straight lines suddenly seem distorted or crooked. If one eye has MD, usually the second will develop it as well. No one seems to know exactly where it comes from or how to cure it.

There are two kinds of AMD: wet and dry. It is estimated that dry AMD accounts for about 90 percent of all cases, and normally affects vision less than wet AMD. With dry AMD tiny protein and fat-containing "drusen" collect deposits in a thin layer of cells beneath the photoreceptors in the retina membrane. The origin of drusen is unknown, but they may be waste products of various cells and tissues of the retina. Drusen may interfere with the health of the macula, causing progressive degeneration of the photoreceptor cells. Drusen deposits can, however, be present without vision loss.

Central vision loss from dry AMD may occur gradually over several years and vision may even remain stable between eye examinations. People with dry AMD do not usually experience a total loss of central vision but tasks that require finely focused vision may become more difficult. There are no treatments currently to treat and cure dry AMD but clinical research trials are constantly being run.

More severe vision loss results from wet AMD. In wet AMD, the abnormal blood vessels that grow beneath the macula leak blood and fluid into the macula that damage photoreceptor cells. Wet AMD often progresses rapidly and could cause substantial loss of central vision.

The Age-Related Disease Study (AREDS) conducted by the National Eye Institute (NEI) suggests that antioxidant supplements can slow the progression of AMD. The AREDS formulation is an over-the-counter antioxidant supplement recommended for people who are at risk of developing more advanced forms of either dry or wet AMD. AREDS formulations include the antioxidants beta carotene, vitamin E, and vitamin C, as well as the nutrients zinc and copper. The AREDS formulation contains specific amounts and forms of antioxidants nutrients, and patients are advised not to try to substitute multivitamins or dietary nutrients for the AREDS formulation.

The NEI has also a second AREDS study (AREDS2) to evaluate the potential benefits of the antioxidants lutein and zeaxanthin and the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). For more information on the second AREDS study, visit www.areds2.org.

In addition, intraocular injections of a variety of drugs such as Lucentis, Eylea, and Avastin are being used with some success on people with wet AMD and the FDA has approved an implantable miniature telescope (IMT) for improving the vision of people with end-stage, untreatable AMD.

For the past several years, local ophthalmologists Dr. Alexander Eaton and Dr. Hussein Wafapour of the Retina Health Center, in cooperation with the Foundation for Fighting Blindness have sponsored free all-day seminars, usually in January, at the Hyatt Regency Hotel in Bonita Springs, highlighting the most current research in retinal problems.

Approximately two sessions of 1500 people per session attend to hear the latest scientific and medical developments for AMD. At this year's seminar, Dr. Eaton said that it is the first time he has felt that some of the current research is offering hope for his patients with wet and dry AMD. Research is ongoing.

At the seminars, there are many examples of products available locally, designed especially for people experiencing problems with diminishing vision.

In the meantime, what can you do? Most important, become your own advocate! First of all, research for the best retina specialist in your area and make an appointment. Be prepared for a lengthy, thorough examination which these days includes genetic testing to determine which vitamins are best for you. You should be instructed in the correct use of the Amsler grid. This very useful tool may be printed from many online sites such as www.brighthouse.org/docs/pdf-publications/eyetest.pdf. It should be used daily to ascertain any changes in vision that need immediate attention.

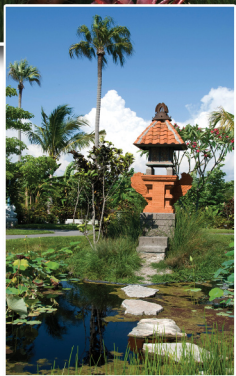
When facing the possible loss of sight, the thought can be terrifying and people are often tempted to try "any port in a storm" and in desperation consider some frankly useless or even dangerous "cures and treatments" from uncredited sources by unreliable individuals. You must trust that your doctor wants the best for you, and if he knew of a cure he would be the first person to suggest it.

You might want to consider alternate lifestyles as while you are still able to be completely independent, such as living in an area where transportation is not always necessary, or arranging for affordable assistance with everyday chores such as shopping and appointments.

Connect with your local chapter of the Foundation for Fighting Blindness to keep up-to-date on not just local events, but also on clinical trials that are being held countrywide.

The idea of losing one's vision, a sense that we have taken for granted since birth, can be frightening. However, planning ahead can prepare us to take advantage of and enjoy many activities for a long time.

Naples Botanical Garden



www.naplesgarden.org

4820 Bayshore Dr, Naples, FL 34112

PH: (239) 643-7275

NAPLES BOTANICAL GARDEN



EDITOR'S NOTE:

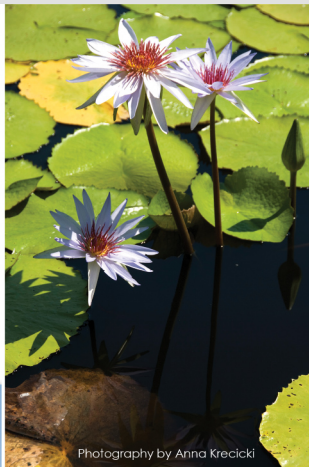
I'm genuinely surprised to hear so many locals say that they have never been to the Naples Botanical Garden. That may be because it is located off the beaten path, (off of East Trail, on Bayshore Drive). Regardless, it may be one of the most stunning places in town: an unexpected piece of paradise that I believe is absolutely worth visiting! I remember my first time at the gardens: it simply took my breath away.

It was a brutally hot summer day. My parents were visiting from Hungary and I wanted to take them some place special. I haven't been to the Botanical Garden before that day, so I wasn't sure what to expect. But I figured that they would enjoy walking around a bit, taking photos, and seeing the tropical vegetation, since it's so different from what they have back at home. And what a delightful surprise this place was! A hidden gem indeed! My parents and I were fascinated by the beauty and serenity of the gardens. We were wondering around in awe for hours in spite of the unbearable heat. Luckily, there were plenty of benches in the shade, as well as little gazebos and pagodas to stop at to take a rest and hide from the hot summer sun. After little breaks, we kept on strolling, because there was just so much more to see! We spent the whole afternoon at the gardens - a magical afternoon neither of us will ever forget.

Naples Botanical Garden is our pick for this issue's *Amazing Places - near and far.*



Photography by Anna Krecicki



Photography by Anna Krecicki

AMAZING PLACES

Near & Far

The NAPLES BOTANICAL GARDEN

is a place of true beauty and bliss that combines delightful tropical gardens with beautifully restored natural habitats. This engaging garden connects people with nature through display, education, conservation and science.

The Garden was founded by a group of eight Naples residents in 1993, with nothing more than the "dream of creating a world-class botanical garden". Seven years later, a gift from the Kapnick Family made the purchase of an extraordinary 170-acre site possible just south of Old Naples. In June 2008, the works began to transform the grounds into the magnificent "Gardens with Latitude" which now includes six cultivated gardens, 2.5 miles of walking trails, and 90-acres of restored native preserve.

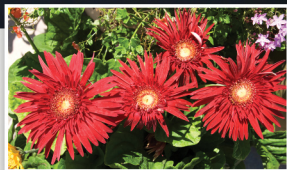
SOURCE: www.naplesgarden.org





Stretching his hand
up to reach the stars,
too often man forgets
the flowers at his feet.

JEREMY BENTHAM



The Gardens:

- Asian garden
- Brazilian garden
- Caribbean garden
- Florida garden
- Children's garden
- Water garden
- and the Preserve



These exotic cultivated gardens have been individually designed by a renowned landscape artist, to represent the ecosystem of that region of the world. The architecture, sculptures, and art included in each garden are also representative of the area they originate from.





NAPLES BOTANICAL GARDEN - Photography by Anna Krecicki



*Humility is not thinking less of yourself;
it is thinking of yourself less.*

- RICK WARREN,
The Purpose Driven Life: What on Earth am I Here for?

A WORLD-CLASS SUBTROPICAL PARADISE...



... some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the **moment** and making the best of it, without knowing what's going to happen next.

- GILDA RANDER



Your heart is full of fertile seeds, waiting to sprout. Just as a lotus flower springs from the mire to bloom splendidly, the interaction of the cosmic breath causes the flower of the spirit to bloom and bear fruit in this world.

- MORIHEI UESHIBA, *The Art of Peace*





Real generosity is
doing something
nice for someone
who will never
find out.

- FRANK A. CLARK



NAPLES BOTANICAL GARDEN
Photography by Anna Krecicki



*Life itself is always a trial... you
must test and polish yourself in order
to face the great challenges of life.*

- MORIHEI UESHIBA, *The Art of Peace*





Essential Oil for July & August: *Sweet Orange*

by Bethanny Gonzalez, Certified Aromatherapist

Orange essential oil is produced from the rind of the fruit by cold pressed extraction. It's a very popular oil with many health benefits, as well as culinary, skin care, and metaphysical uses. This oil is known for its calming, detoxifying, and antioxidant properties.

AROMA: Fresh, tangy, sweet and sour

PROPERTIES: Antioxidant, antiseptic, anti-inflammatory, uplifting

ELEMENT: Fire

PLANET: Sun

CHAKRA: Sacral Chakra

SPIRITUAL ASPECTS: Creativity, Happiness, Positivity, Love



Photos from Google Images

www.gaiashealinggifts.com

BENEFITS for Massage & Skin Care

- Helps maintain a healthy and smooth skin
- Has a rejuvenating and cleansing effect on the skin
- Can help reduce pain and inflammation
- Helps with fluid retention
- Aids the treatment of acne and dermatitis
- Has anti-aging and wrinkle-lifting properties

NOTE: This oil is photosensitizing; do not use on skin before exposure to sun

HEALTH BENEFITS

- A powerful antioxidant
- Helps detoxify the body
- Assists with digestive problems
- Aids in maintaining normal cellular regeneration
- Helps relieve constipation and excess gas
- Beneficial for colds and inflammation
- Works as antiseptic for external and internal wounds
- Strengthens metabolism and the immune system

EMOTIONAL USES

- Alleviates anxiety, anger, depression
- Relieves irritability and stress
- Believed to boost energy and optimism

METAPHYSICAL USES

- Helps overcome fears and obsessions
- For self-purification and to attract love and happiness
- For transforming depression into peace

TIPS:

- Just add a few drops to your favorite meal, drink, or water.
- Use in an oil burner or add a few drops to your bath to relieve stress and uplift your mood.

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

RECIPE

for Body or Massage Oil

- ½ cup Coconut Oil
- ½ cup Avocado Oil
- ½ cup Sweet Almond Oil
- 8 drops Sweet Orange Oil
- 8 drops Lemon Oil
- 8 drops Lavender Oil

Heat coconut oil in a pan until it turns liquid. Let it cool off. Mix all ingredients, then pour into a container.

Highly recommended for problem skin. Regular use can help soften, soothe, and re-condition sensitive and irritated skin.



With Love and Light,

*Bethanny
Gaia's Healing Gifts*

Goddess I AM

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Naples, FL 34102

Hours: Tuesday-Saturday 11am - 5pm
Closed on Sunday, unless we have an event.

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Classes


and more...



Goddess I AM

www.GoddessIAm.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Conjunction of Venus and Jupiter	2  FULL MOON 02:19 UTC	3	4 INDEPENDENCE DAY
5	6	7	8	9	10	11
12	13	14	15	16  NEW MOON 01:24 UTC RAMADAN (ends)	17	18
19	20	21	22	23	24	25
26	27	28 Delta Aquarids Meteor Shower	29 Delta Aquarids Meteor Shower	30	31  FULL MOON 10:43 UTC	



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



July 2, July 31
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 02:19 UTC on July 2nd. This full moon was known by early Native American tribes as the Full Buck Moon because the male buck deer would begin to grow their new antlers at this time of year. This moon has also been known as the Full Thunder Moon and the Full Hay 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.



July 16
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 01:24 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

METAPHYSICAL ASPECTS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 INTERNATIONAL FRIENDSHIP DAY	3	4	5	6	7	8
9	10	11	12 Perseids Meteor Shower	13 Perseids Meteor Shower	14 NEW MOON 14:53 UTC	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 FULL MOON 18:35 UTC SUPERMOON
30	31					



August 14
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 14:53 UTC.

METAPHYSICAL ASPECTS

The New Moon marks the beginning of a new cycle, a fresh start -- full of potential. This is an optimum time to plant seeds of intentions for what you wish to manifest in your life.

SOURCE:
www.seasky.org
www.gaiamtv.com
www.mysticmamma.com
www.wincalendar.com



August 29
SUPERMOON

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 18:35 UTC. This full moon was known by early Native American tribes as the Full Sturgeon Moon because the large sturgeon fish of the Great Lakes and other major lakes were more easily caught at this time of year. This moon has also been known as the Green Corn Moon and the Grain Moon. This full moon is also a "Supermoon". It means that the Moon will be at its closest approach to the Earth and may look larger and brighter than usual. It's also known as Super Full Moon or Perigee Moon.

METAPHYSICAL ASPECTS

The moonlight of the Supermoon is said to provide powerful cleansing to your mind, body, and Spirit. This is a potent time for meditation, energy healing, recharging the aura, and balancing the chakra system.

The Supermoon is believed to open our hearts and minds. So this is an excellent time to sweep out negative emotions, clearing blockages through meditation, blessing others, and connecting with Spirit Guides.

The Supermoon can also supercharge your crystals. Place them in the moonlight overnight and let them absorb the energy of the Moon.

"The unbeatable illumination the supermoon provides is not only physical, but on the soul level as well, lighting up corners of the subconscious and giving those who access it insights into their emotions, their souls and their paths." - Gaiam TV

Local News & Events

JULY & AUGUST



4th of July Fireworks

The City of Naples 4th of July Fireworks begin at 9:00 p.m. at the Naples Pier. The presentation will feature a twenty minute display with special effects musically choreographed to patriotic selections that will be simulcast on radio station WAVV 101.1 FM. Naples residents are invited to bring chairs or blankets to viewing spots in town, as the fireworks can be seen all along the Naples beach. Personal use of sparklers or any fireworks is prohibited per City ordinance. Strict parking enforcement will take place in marked "No Parking" areas with close attention given to the entire length of Gulf Shore Blvd, blocked intersections, and fire hydrants. There will be no parking allowed on either side of Gulf Shore Blvd, between 20th Ave. S, and 8th Ave. N. (Golf Dr.) Vehicles will be towed. We encourage the use of public parking in the downtown areas and to please respect other people's property and do not block driveways or park on private property without owner's consent. Fourth Ave. S, will be a designated disabled parking beach end for those with proper disabled parking permits.

SOURCE:

www.naplesgov.com

If you have any news, events, or announcements you'd like to share with our readers, please visit our website to see details and prices. You can download our Media Kit at www.WhiteLotusMagazine/Advertising.

If you have any questions or suggestions, please email us at WhiteLotusMagazine@gmail.com.

JUNE 30, JULY 7, JULY 21

6:30PM - 8PM

TAROT CARD READING CLASS with Bethany Gonzalez - at Goddess I AM Healing & Art Center. Learn the basics and more in this intimate and informative class. You will learn the symbols, layouts and the energies of the cards. Bethany has been a professional tarot reader and teacher for many years. Maximum of 6 people. **\$20** per class or \$50 if paid in advance for all three. 600 Goodlette Rd. N. Naples. 239-228-6949.

JULY 1 WEDNESDAY

6PM-9PM

FORM Art Exhibition & Artist Reception - at Shangri-La. FREE and open to the public. 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. Featuring the original artworks of Jane Portaluippi Durand, Priscilla Treacy and photography by Eileen Lalibinis and Gwen Greenglass. 27750 Old U.S. 41 Road, Bonita Springs. 239-949-0749

JULY 2 THURSDAY

6:30PM - 8PM

OCEAN OD SOUND CONCERT w/William Ward - at Goddess I AM Healing & Art Center. Join us for a healing and relaxing evening of Crystal and Tibetan bowl music. As the tones flow around and through us we shift our awareness and open to become balanced. Bring a pillow/blanket and mat. **\$22** 600 Goodlette Rd. N. Naples. 239-228-6949.

JULY 7 TUESDAY

MIXED MEDIA INTRO - at Goddess I AM Healing & Art Center. Join artist Lisa Festa Estrada for a fun and easy art class. You will create a mixed media canvas piece using stamps, paint, papers and so much more! All materials provided. 600 Goodlette Rd. N. Naples. 239-228-6949.

JULY 8 WEDNESDAY

MIXED MEDIA PLAY DAY - at Goddess I AM Healing & Art Center. Pay a fee for materials and play with all of Lisa's supplies! For more info call the shop. This is only for students who have taken the Intro course with Lisa. 600 Goodlette Rd. N. Naples. 239-228-6949.

JULY 11 SATURDAY

10AM - 4PM

SHAMANIC REIKI CERTIFICATION COURSE - at Goddess I AM Healing & Art Center. This is an 8-month course that meets once a month. You will learn Reiki 1, 2, and Master as well as learn Shamanic techniques like Journeying, Meeting your Power Animal, Essential oils, using Tools, Spirit releasing, energy work, protection and much more. Each month will be taught as a module. By the end of the course you will be capable of doing a thorough healing for yourself and others. \$125 per class, \$800 if paid in full in advance. 600 Goodlette Rd. N. Naples. 239-228-6949.

JULY 14 TUESDAY

6:30PM - 8PM

CHANNELING w/Beth Brown-Rinella - at Goddess I AM Healing & Art Center. Join us for an evening of healing and enlightenment. Beth has been a channel for many years and hasn't often channeled publicly. Come get your socks blown off! (Ask her meditation class!) During her recent channelings she has been directed to offer this to you in a gallery format. \$20 600 Goodlette Rd. N. Naples. 239-228-6949.

JULY 18 SATURDAY

11AM - 4PM

PSYCHIC FAIRE - at Goddess I AM Healing & Art Center. Come for mini-readings with some of Naples' most experienced readers! We offer Angelic, Tarot, Psychic, Past Life, & Animal/Pet readings plus meet your Angels, meet your Animal Spirit Guide. Aura Energy readings is our new addition! Shop in Naples' largest metaphysical store. Cash for services. Appointments welcome. **\$20** for 15 mins. 600 Goodlette Rd. N. Naples. 239-228-6949

JULY 25-26 SATURDAY-SUNDAY

11AM - 7PM (5PM on Sunday)

SARASOTA MYSTIC FAIRE - at the Sarasota Municipal Building. Free lectures, psychics, healers and vendors offering unique jewelry, crystals, art, clothing, candles, and healing tools for spiritual growth, all under one roof. \$7 for one day or \$10 for both days. 801 N. Tamiami Trail, Sarasota. Contact us at 239-949-3387 or canbria@aol.com

AUGUST 5 WEDNESDAY

6PM-9PM

WATER Art Exhibition & Artist Reception - at Shangri-La. FREE and open to the public. 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. "WATER"; 27750 Old U.S. 41 Road, Bonita Springs. 239-949-0749

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7PM - 9PM

PAST LIFE REGRESSION WORKSHOP w/Carolyn Beauchamp C.Ch. - at the White Lotus Studio. Heal Present Life Issues Through Past Life Recall. Journey into your past to learn how to live a more empowered present. **\$15** Limited space available, please RSVP at (239) 300-1633 or at carolynbeauchamp@gmail.com 5555 Taylor Rd. Unit C, Naples.

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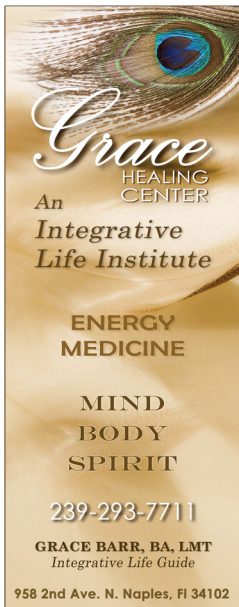
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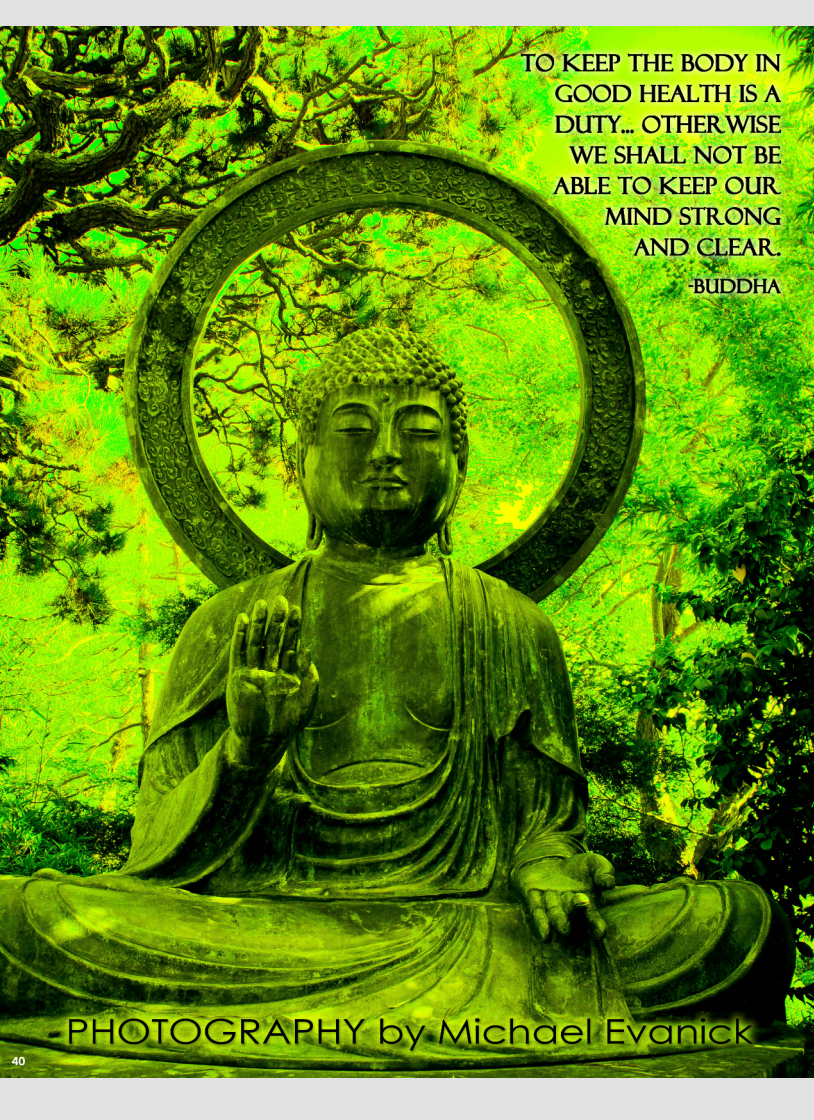
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TIPS for Pet Owners



PET TIP #1:

Never leave your pet unattended in a closed or parked vehicle

- Connie Myers, Naples

Cracking a window or two is NOT enough to prevent your animal from death! Every year, pets suffer and die when their guardians choose to leave them in a parked car even for "just a minute" while they run an errand. Parked vehicles are deathtraps for animals. On a 78 degree day, the temperature inside a closed car can soar to between 100 and 120 degrees in just minutes and on a 90 degree day, the interior temperature can reach as high as 160 degrees in less than 10 minutes! It only takes 15 minutes for your pet to sustain brain damage or die of heatstroke.

NOTE: If you see an animal trapped in a vehicle, call the police with the vehicle make/model/color/license number.

For more information visit: myglutenfreecanineandme.com, peta.org, humansociety.org/animals

Disclaimer: This tip is for educational purposes only.



PET TIP #2:

Communicate with your pet through visualization.

- Kathy Zablitzky, Animal Communicator, UK

Did you know that your pets understand far more of what is going on than many people realize? When there is change happening in your life, it can worry them long before it actually happens because they can hear you talking about it. So what can we do to help them deal with change? Show them what will happen. Our pets are very good at understanding visualization, so you can sit quietly with them and visualize what will happen. For example, if you are going to go away for two nights, visualize you leaving and saying goodbye, then show them darkness for the first night, light for the next day and darkness for the second night. Then visualize you coming home to a happy reunion. When you actually go away, they won't worry so much because they know that you'll come home and when you'll return.

For more information visit: ispeakwithanimals.com

Disclaimer: this tip is for educational purposes only.



PET TIP #3:

Be aware of walking your dogs in the heat.

- Connie Myers, Naples

Asphalt, concrete and even sand can get very hot quickly. On a 87 degree day, asphalt temperatures can reach 140 degrees! Hot enough to cause burns, blistering, permanent damage, and scarring after just one minute of contact. Always test the surface with your hand or foot. If it is too HOT for you to walk barefoot on, it is absolutely too HOT for your dog to walk on! Please remember your pet does NOT have protective footwear. Hot pavement, sidewalks, and parking lots could not only burn paws; they also reflect heat onto dogs' bodies, increasing the risk of deadly heatstroke! Carry plenty of water and take frequent breaks in the shade, off pavements.

NOTE: Never muzzle your dog on a hot day as this will restrict their breathing.

For more information visit: myglutenfreecanineandme.com, peta.org

Disclaimer: this tip is for educational purposes only.



PET TIP #4:

Make arrangements to ensure the safety of your pets during hurricane season.

- Sharon Thomas,
Executive Director of
Animal Welfare League
Port Charlotte

While you prepare for a storm to protect yourself, your family, and your house, make preparations for your pets as well. Put together a "Pet Disaster Kit" with supplies (extra leashes and toys, proper tags, crate, litter box, litter, scoop and garbage bags), all prescribed medications (stored in a waterproof container) and a first-aid kit, extra food and water (for at least 5 days for each pet), and important documents (medical and vaccination records, feeding schedule, ownership paperwork, current photo, behavior issues along with the name and number of your veterinarian, etc) in case you have to place your pets in foster care.

NOTE: Do not leave your pets behind during a storm. If it's not safe for you and your family, it is definitely not safe for your pet. They may escape, be trapped or exposed to numerous life-threatening and traumatizing situations.

SOURCE:
Pet Gazette, Florida Edition, Vol 3, Issue 6, June/July 2015

For more information visit: AWLshelter.org, humansociety.org/issues/animal_rescue/tips/pet_disaster_preparedness_kit.html

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