

White

SW Florida Edition

FREE

MARCH 2015

Lotus
magazine

Compassion

INSPIRATIONS FOR CONSCIOUS LIVING

DO NOT POLLUTE YOUR BEAUTIFUL,
RADIANT INNER BEING NOR THE
EARTH WITH NEGATIVITY. DO NOT
GIVE UNHAPPINESS IN ANY FORM
WHATSOEVER A DWELLING PLACE
INSIDE YOU. — ECKHART TOLLE

Knowledge comes, but wisdom lingers.
It may not be difficult to store up in the
mind a vast quantity of facts within a
comparatively short time, but the ability
to form judgments requires the severe
discipline of hard work and the tempering
heat of experience and maturity.

- CALVIN COOLIDGE

*Treat those who are good with goodness, and
also treat those who are not good with goodness.
Thus goodness is attained. Be honest to those who
are honest, and be also honest to those who are
not honest. Thus honesty is attained.*

- LAO TZU

Start by doing
what's necessary;
then do what's
possible; and
suddenly you
are doing the
impossible.

— ST. FRANCIS OF ASSISI

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

- OFFERINGS OF SPIRIT

WISDOM

FOR THE MONTH
OF MARCH

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 Cherokee.

Offerings of the Shaman Lady.

Speak the truth Quietly.

*Listen with an Open
mind when others speak.*

*Remember the Peace
that may be found in silence.*

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.



Blessings to Our Supporters

Both desire and imagination are stored in the mind of the individual and when stretched, both have the potential to position a person for greatness.
- ERIC THOMAS



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I'd like to send my sincere gratitude and many blessings to all of those who have been diligently supporting White Lotus Magazine. Whether dedicating their time, contributing their ideas, efforts, talents, insights, or offering monetary support, they've gone out of their way to help this publication be born and continuously grow. They all have been -one way or another- part of creating White Lotus Magazine. Thank you all for spreading the light and the positive word of conscious living.

- Anna Krecicki, PUBLISHING EDITOR

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Blessings
and Light-*

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"We are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

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

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

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

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

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www.WhiteLotusMagazine.com

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NOTE *from the Editor*

Some people say that things just happen, that life just *is*. I believe quite the opposite. From an early age on, I've always felt that there were no coincidences, no accidental encounters, and that things did not happen by chance. Not necessarily in a religious context, but believing that everything happens for a reason has helped me get through tough times and solve many challenging situations. It may be just my coping mechanism, but I've always thought that there was something divine about how, when, and whom we meet in our lives: as if we all were drawn together, brought to each other, for a specific purpose.

People, whatever their roles may be (friends or rivals, loved ones or exes, kind or annoying), I believe are all in our lives for a reason. Whatever that purpose might be, ultimately, we can learn from every person we meet, or from the situations we find ourselves in with them. Whether they make us happy or hurt us, whether they challenge us or help us, there always seems to be a lesson to learn, an underlying message to decode from the situation that will help us grow as individuals.

We may not always recognize it, but I believe the potential is always there in each and every situation to evolve. The people involved in our lives consequently become the teachers, who will inevitably (and most of the time unconsciously) put us in positions and learning situations where we have to make choices; where we have to evaluate the past, present, and future; make adjustments and changes; also when we have to look into the mirror and decide who we are, and who we want to be. They may be in fact the very triggers on our paths that inspire and bring forth our transformation.

I see people in my life as blessings. And as such, I am thankful for each and every one of them.

Anna Krecicki

MARCH



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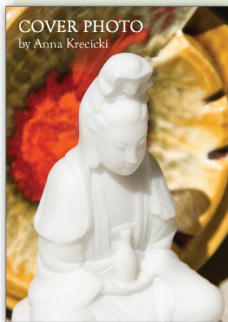
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ANIMAL SPIRIT GUIDE OF THE MONTH: *Butterfly*



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"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.

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

The butterfly is greatly admired among American Indians and cultures all over the world. We revere its delicate and colorful beauty, as well as its transformation from the egg in the cocoon to caterpillar and then to adult butterfly.

In many traditions around the world, the butterfly symbolizes powerful transformations. In some cultures, it is the symbol of the soul. In Chinese symbology, it represents immortality. For the Japanese, a white butterfly symbolizes the soul of the departed ones. In Ancient Greece, butterflies represented the psyche, and its attribute of immortality.

In Native American culture, the butterfly is a bringer of joy and peace. The short life span and beauty of the butterfly is symbolic of early spiritual growth. According to the Manataka Indian tradition, butterflies are messengers of the moment. They represent the element of air, quickly changing and always moving, ever so gracefully. They hold the gift of transformation and soul evolution, as well as freedom and creativity.

When Butterfly comes into your life:

- You may be going through or should expect important changes in your life.
- Pay attention to the areas in your life or personality that are in need of profound change or transformation.
- Look at a conflicting situation with more lightness and different perspective.
- The butterfly represents the ability to go through changes with grace and lightness.
- Be sensitive to your personal cycles of expansion and growth, as well as the beauty of life's continuous unfolding.
- Lighten up, bring joy and bliss into your life.
- You may need reminding not to take life so seriously.

If Butterfly is your Animal Guide:

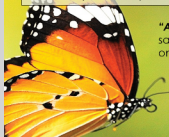
- You may be naturally inclined to express yourself openly and to reflect your colors into your environment.
- You are creative, playful, and "alive"; you probably don't take life too seriously.
- You may have clairvoyant abilities.
- You may be more prepared for life's challenges and relationships than others.

Ask for Butterfly's help when:

- You need support in times of transition, whether it's at work, in a relationship, or when you're doing inner work.
- Assistance is needed to express yourself more fully and show your colorful personality.

Did you know?

Most butterflies live very short lives, only a week or two, except for the Anglewings and Monarchs which live for about six months. Whenever an eco system is damaged, butterflies are usually the first to leave. They are especially sensitive to the harmony of earth. **According to Native American belief, if a butterfly comes to you in a hurt, trapped or ill way, you are being asked to stop disturbing the natural design of life and to flow with events in a more gentle, natural way.**



*Love and compassion
are necessities, not
luxuries. Without
them, humanity
cannot survive.*

- DALAI LAMA XIV



Photography by Anna Krecicki

10 Quan Yin statue courtesy of Susan Winters

Ways to Awaken Compassion

According to Buddhist traditions and enlightened spiritual teachings, compassion is the profound understanding that *love is the core of every being and that we all are created equally*. Fundamentally, compassion is the recognition that we all are the same. It is the awareness of a deep bond between us and all other beings. Compassion is more than just a sense of sympathy or showing concern for others. It's not merely the capacity to be attentive to others, to wish the best for them, or to show that we care. Compassion is a strong determination coming from the heart to do whatever is necessary and possible to alleviate the suffering of others, to sense what will truly serve them, and to understand their needs and pain. Compassion is a deep-seeded kindness towards all there is; essentially it is being filled with boundless love.

But it may not always come easy to feel compassion, especially when there is so much suffering, saddening turmoil and violence in the world. When we feel overwhelmed with personal challenges and struggles in our own lives, we may not feel 'enough love' and strength to help others. But these are the times when we need to be filled with compassion more than ever. Based on the wisdom of Buddhist practices and some energy healing techniques, there are ways to help unblock the heart and awaken love and compassion.

evoked loving kindness

Go back to a time in your mind when you felt truly, deeply loved by someone. Recreate that moment, remember the particular instance and how you felt. Let that feeling arise again, let love fill you and infuse you with gratitude towards that person. Let the love flow from your heart to that person. Let the love become more and more boundless and extend it to all beings. Begin with those close to you, then to friends, neighbors, co-workers, to strangers, then to those you don't even like, and finally to the universe.

see yourself the same as others

When you consider others to be just the same as you, it helps you understand them more clearly, giving your relationships a richer meaning. Thinking of a person as 'another you' will allow you to open your heart to him and give you insight into how you may be of help to him.

exchange yourself for others

When you encounter someone going through pain and suffering, put yourself in his shoes. Imagine as vividly as possible what you would experience if you were suffering the same pain. Ask yourself: "How would I feel? How would I want others to treat me?" When you exchange yourself for others, you turn your attention and love away from yourself and direct it to the other person; you experience selflessness and compassion.

direct your compassion

Go deep in your heart and meditate or pray. Evoke your compassion, focus on it, enhance it, and deepen it. Now direct it to all beings. Let your heart go out to all living creatures, everywhere, in immeasurable love and compassion. Pray that you bring happiness to all of those you meet, help them end their suffering and transform their lives.

embrace the primal instinct to protect and nurture

Have you ever noticed that when you watch or hold puppies, kittens, and babies, you naturally begin to smile and your heart fills with genuine, nurturing love and a natural instinct to protect? Whenever you find it hard to evoke compassion, remember this deep, unconditional, and primal feeling of love. When you feel compassion emerging, embrace it and extend it to all beings.

observe nature

When you take the time to step outside of your busy life and go out into nature, you may find that the calming beauty surrounding you will not only relax you, but also fill your heart with love, compassion, and a sense of oneness with all creatures. Watch how animals take care of each other and show affection, concern, and loyalty. Let this experience fill your heart and your whole being.

unblock the Heart Chakra

Often a not properly functioning, blocked Heart Chakra could be responsible for the lack of love, peace, and compassion in one's life. Clearing and balancing the Heart Chakra could return the flow of energy in this area, restoring unconditional love and bringing forth compassion. Many therapies and tools can be used to return and maintain balance in this chakra. Some of these practices include: Meditation, Color Therapy, Sound Therapy, Crystal Therapy, Aromatherapy, Yoga, and Energywork/Reiki.

use the energies of crystals

Many crystals are believed to help awaken compassion. Some of these are: Aventurine, Angelite, Beryl, Chrysoprase, Garnet, Kyanite, Lapis Lazuli, Maldivite, Obsidian, Rose Quartz, Petalite, Rhodochrosite, Serpentine, and Tourmaline. You may carry, meditate or sleep with the crystal(s) you are drawn to. Be open and receptive to the gentle yet powerful energies of the crystals. Let them guide you and inspire the rise of compassion in your heart.

SOURCES OF INSPIRATION:

Practicing the Power of Now by Eckhart Tolle; *The Tibetan Book of Living and Dying* by Sogyal Rinpoche; *The Crystal Bible* by Judy Hall

The 2 Keywords for the Year 2015

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

POSITIVITY

"Do you know that being positive is one of your most powerful skills in creating the life you wish for? It holds a high vibration that nurtures and pulls more positive events to you. It is a magnetic pull. It will bring you positive people, outcomes and situations which you will enjoy.

Positivity is an action, a decision - when faced with a less-than-ideal situation, see the positive, see the possibilities in it. Do not get wrapped in the lower vibrational anger, worry, fear thoughts - you will find much more happiness in everyday life when you roll with things in a positive manner.

When the line at the store or bank is a long one, don't get frustrated, pull out your phone and send happy texts to friends and family. Brighten their day, delete old emails, listen to messages - in other words - use the time in a positive way. This way your time isn't wasted, you aren't frustrated and the time in a long line is no longer an issue.

In any less-than-ideal situation, there are positives. Cancer is often the scariest event in a family. But it can also spur new, loving connections, healthier lifestyles, greater commitment to self and more. Seek the positive in all situations. See cancer as a change agent. Allow yourself to be positive. Change is good, when change is positively created. So seek positivity every day!!

JOY

This is a much bandied-about word. Joy, it is found on greeting cards, in movies and speakers' ideals, but Joy is truly an inside job.

It is breathing in Love and Light - and feeling the feeling that contentment, love, safety, peace will bring. It is in the softness of animal fur, the hair of a child, the neck of a loved one. Joy is allowing yourself to BE ONE with a Moment. A moment of recognizing that your hard work has paid off, your car started when has been temperamental, when you learn a new skill, cook a fine dish, bite into something delicious. It is in the moment. Joy is a MOMENT thing. String many moments together to achieve Bliss.

Joy is giving yourself over to that moment, that pause to take it all in, to accept the accolades, to allow for healing, understanding.

Joy is a moment of pride of a job well done, a goal that is met, a connection that is made. Allow joy to be present in everyday moments. That first sip of coffee. Those "Thank You God" moments. When you get inside as the rain begins to pour. When the fence keeps the vicious dog away from you. When you hug a friend. Getting a compliment - allow the joy that it should bring, if it brings doubt, you have work to do to understand why you couldn't find the joy in that compliment. Breathe in Love and Light, then feel the JOY!!

The Council of Light, Gathered in LOVE
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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.

PERSPECTIVE: *It's how one looks at it*

by Ken Fried

When I was in college one of my best friends would incessantly repeat a quote that he once read as a kid in Calvin & Hobbes: "You know what's weird? Day by day nothing seems to change. Then one day everything is different." At the time this quote was far more funny than insightful, though as college drew to a close, the meaning began to ripple into our collective consciousness. Day by day things do change, but more importantly, we change.

How easy it is to lose sight, to lose perspective on our growth. There's no arguing that keeping perspective, especially in the most difficult of moments can be a challenge. As I see it, this is the essence of our spiritual work: to keep perspective not just on our growth or on how a situation is growing us, but to be adaptable enough to keep a perspective that affords us, regardless of what's happening, a sense of encouragement and expansiveness. We need to have enough perspective not only to think, but also to feel and to know that we are always moving forward, towards and for our highest good, even when conditions would have us believe otherwise.

Personally, I enjoy disarming the challenge of keeping perspective by challenging myself to keep perspective. I know that in tough moments, when I've lost perspective that it's not the situation, but my perspective of it that is ultimately creating the dissonance I feel. Knowing that I have the power to change my perspective by flexing the muscle of my mind, in and of itself, is what begins the process of digging myself out of the proverbial hole.

In such moments, it's deeply empowering to know that in spite of how great the expanse may feel, there is always, in that exact moment, without anything needing to be other than it is, another perspective. When explored and entertained it can be equally as real-feeling as the one I feel bound to in that moment. So, I choose to choose a perspective that works for me.

Letting go of one perspective in exchange for another comes when you no longer need to claim or own the perspective you have; you know that it's not something you really have, that it's not even yours, (as the ego would have you believe), so much as it's just one of many possible ways of perceiving. A perspective is a filter; filters can be changed and you are definitely not the filter you're using to perceive: ask any photographer.

It took the passing of many days for me to realize that life just is. It's true, day by day, nothing seems to change. But then one day everything is different and that's the day when we choose to consciously and deliberately change the perspective through which we perceive the happenings of the world, thus transforming how we create our world.

KEN FRIED is a professional coach who works with inspired individuals to dream bigger, bolder and more impossible dreams so they can demonstrate to themselves who they are and what they're made of as they 'do' the change they wish to see in the world. Ken builds his coaching practice by invitation, referral and word of mouth only. To connect or to inquire about a complimentary 2-hour transformative conversation, email me at ken@kenfried.me.

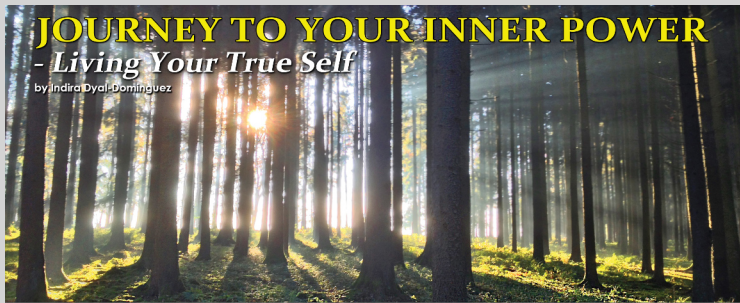


Photography by Peter Geresdi

JOURNEY TO YOUR INNER POWER

- Living Your True Self

by Indira Dyal-Dominguez



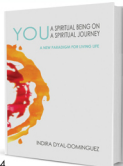
Knowing how to tell the difference between the Mind and the Self is a powerful access to resolving issues that you confront on a daily basis. When the context of living shifts from the Mind's view to the view of your Self, you are instantly connected to your inner power as a source for unfolding your best life. Consider that the Mind is a dimension of you, but it is not who you are. This simple, but profound statement opens up a new realm from which you may begin to access your Self as you. The ability to tell the difference between your Mind and your Self becomes a way to see the situations and events in your life from what honors your true and highest journey.

My book, YOU: A Spiritual Being on a Spiritual Journey; a new paradigm for living life is about knowing your Self as who you are and why you are here. The Self is who you are: it is the part of you that is eternal and until now may have not have been available to you as distinct from your Mind.

The Mind is what you use to tell you how to feel, what is important, who you need to be, what makes you happy, what kind of life you should live. It vibrates with the energy of concern, worry, and fear. The Self is always in communication with you as your inner knowing. Its journey is to assure the unfolding of your true and highest life. It vibrates with the energy of "All is well", connectedness, oneness, and peace.

Most of us have experienced that when we listen to the intuitive part of ourselves, life always seems to work out. It works out in a way that is unexpected, and non-linear, almost as if we would never have thought about those solutions. This is the paradigm of "Connect, Listen, Trust, Act". By using these tools

you begin to take actions that defy the Mind's logic and rationale. It is here that your most fulfilling life arises. It is possible to shift naturally from the Mind to your Self through the steps of Connect, Listen, Trust, and Act.



What does it mean to Connect, Listen, Trust and Act?

CONNECT

To CONNECT is to disengage the conversation of the Mind and to hear the conversation from your Self. Imagine that your Self is always speaking to you, just as your Mind is always speaking to you. To Connect is to 'tune into' your Self to hear what is being said.

LISTEN

To LISTEN means to listen literally for what the Self has to say, which is usually a softer tone than the Mind. In LISTEN you are acknowledging that you have a Self that is always available to you. You bring forth a new awareness that your Self is as important to you as your Mind.

TRUST

To TRUST is to acknowledge the voice of your Self as who you truly are. TRUST is taking what you heard from your Self and acting on it. It's choosing to operate from your Self and not from what the Mind is saying. This choice often defies the logic of the Mind's truths and beliefs.

ACT

To ACT is to put the communication you get from your Self into action. In the step of ACT you break away from the everyday patterns of the Mind and integrate the actions that come from your Self. As you do this, you find a different journey unfolding. In ACT you bring your Self to life.

Developing the practice of living from these four steps allows you to resolve the daily concerns and issues that come up in your life as you get the answers that are unique to you from your Self. It is a remarkable and powerful journey when your actions are coming from your Self. You are in the true honor of being YOU. You are in touch with the joy and fulfillment that can only be experienced when each moment is void of the Mind's truth about who you are and why you are here.



Indira Dyal-Dominguez

To read more about this amazing practice, and to purchase a copy of Indira's book, *YOU: A Spiritual Being on a Spiritual Journey, a new paradigm for living life*, go to www.amazon.com. You may also visit her website at www.indiratoday.com and sign up to be a part of the INDIRA community as well as follow her on Facebook and Twitter.



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purple

Purple is commonly associated with elegance, nobility, royalty, purity, beauty, lucidity, spiritual awakening, extravagance, individualism, mental peace, and the unconventional.

COLOR THERAPY: PURPLE

POSITIVE ASPECTS

Spirituality, Transformation, Awareness, Inner Calmness, Mental Peace, Spiritual Insights, Psychic Abilities, Inspiration, Compassion, Intuition

CHALLENGES

Spiritual Attachment

CHAKRA: Third Eye / Crown

CRYSTALS:

Amethyst, Sugillite, Charoite, Lepidolite, Purple Fluorite, Tanzanite, Purple Apatite

Did You Know?

The word 'purple' comes from the Old English word *purpul* which derives from the Latin *purpura*, in turn from the Greek *πορφύρα* (*porphura*), name of the Tyrian purple dye manufactured in antiquity from a mucus secreted by the spiny dye-murex snail. Leonardo da Vinci proclaimed that one can increase the power of meditation ten-fold by meditating under the gentle rays of purple light, coming through colored-glass windows found in churches.

WEARING PURPLE

Wear purple when you feel lethargic or depressed. Incorporate purple into your wardrobe when you feel you need: to rebalance your life, remove obstacles, calm hyperactivity, use imagination in practical ways, and integrate new skills into your everyday life.

COLOR THERAPY

Purple is a range of hues of color occurring between red and blue. Purple is not a spectral color, it is a combination of two spectral colors, red and blue. Technically, the 6th color of the visible spectrum of light is indigo (Third Eye Chakra) and the 7th is violet (Crown Chakra).

In color therapy, the energies and benefits of indigo, violet, and purple might lightly differ, but are relatively similar; therefore, we'll consider them the same for the purpose of this page.

ATTRIBUTES

Bring purple into your life when you need to raise and speed up the natural healing energy of the body. The color purple is said to be helpful with melancholy, traumas, delusions and addictions; it can slow down an over-active heart and stimulate the spleen and the white blood cells. Purple is believed to soothe mental and emotional stress, promote deep sleep, and decrease sensitivity to pain. It also may help during detoxification. Those who have preference for purple tend to be spiritual, soft, sensitive people with often paranormal abilities. Those who have an aversion to purple may find it difficult to give dreams, fantasies, or memories a place in life. They may have tendencies to reject everything they regard as unnatural or unrealistic.

PURPLE IN THE HOME

Purple is a very strong, high vibration color; it is the color of the connection to the spiritual realms. Therefore, it may be applied in a meditation or healing room freely. However, it should be used sparingly throughout the home. Deep purple is not recommended as a wall color, and should be used in moderation as a decorative color, especially for those who have difficulties remaining grounded. Lighter shades like lavender and light violet may be more suitable. For protection, a purple crystal (for examples Amethyst) can be placed in your space.

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

SOURCES:

Healing With Crystals and Chakra Energies by Sue & Simon Lilly, www.deeptrancenow.com/colortherapy, www.fengshui.about.com, www.energyandvibration.com/colorviolet, www.wikipedia.org/wiki/Purple



Photos from Google Images



YOU ARE WHAT YOU LOVE

Excerpts from the book *Wisdom Rising* by Vaishali
PART 1

"How can God Consciousness create a learning experience of itself it did not need?"

- Emanuel Swedenborg (1688-1772)

I'd like to take this opportunity to introduce to you, formally and most lovingly, an exceptional man it has been my deepest honor to refer to as "my boyfriend". He is not your typical boyfriend. He is in the Guinness Book of World Records for having one of the world's highest IQ's. Stanford University voted him one of the most brilliant people to have ever lived. Already you can see we are not talking about your average "boyfriend" resume. Oh, and one more thing, he currently does not have a physical body; he died in 1772. I stole the title of my first book *You Are What You Love* directly from his writings. As you can see, I only steal from the best.

My "boyfriend" is Emanuel Swedenborg. He was born in Stockholm, Sweden in 1688, a bit before my time but true love does not recognize age or geographic differences. Swedenborg began his life mastering every known science. He studied with Sir Isaac Newton and Sir Edmund Haley. When he heard about microbes, he ground his own glass and made his own microscope. When he heard about Galileo, he ground his own glass and made his own telescope. He was a metallurgist and invented many mining safety techniques. He constructed the first working hang glider long before the Wright Brothers. It is on display in the Smithsonian institute. He drew up a working blueprint for a submarine. He wrote over 150 scientific works. He discovered the purpose of the cerebellum and wrote 4 volumes on the human brain complete with the most advanced drawings of his time. He determined the relationship between respiration and the nervous system, and between respiration and the movement of cerebral spinal fluid. He deciphered the function of the pituitary gland and the body's endocrine system. He has oftentimes been called the Swedish Da Vinci and in his spare time he was also a member of Sweden's parliament. I could spend the rest of this book filling it with details about his many, many achievements... but I think you get the idea.

What impressed me the most about Swedenborg was not what he did but why he did it. Swedenborg felt that his scientific explorations were meant to assist him in a "bigger picture" quest. Swedenborg said that what he really wanted to determine was where the soul resided in the human experience. All his scientific accomplishments were simply the means he was using to understand and investigate that larger truth Gestalt.

Swedenborg had been able to control his breath and enter into a trance-like state of concentrated focus since he was a small child. In retrospect, it is speculated that by sustaining an intense concentrated state of focus for prolonged periods of time, he was able to accomplish his many dazzlingly brilliant scientific discoveries. At the age of 56, after a lifetime of practicing this concentrated focus technique, Swedenborg said the veil between the physical and the Spiritual worlds dissolved, and he was able to see and hear the

Spiritual realms with the same detail and clarity of the physical world. Every day for the remainder of his life (about another 28 years) Swedenborg spoke with Angels and Spiritual beings that dwell in higher and lower order realms.

The list of people who have been highly influenced by Swedenborg is as long and impressive as Swedenborg's scientific credentials. The great German philosopher Immanuel Kant, American existentialist Ralph Waldo Emerson, Benjamin Franklin, Thomas Jefferson, Helen Keller, artist William Blake, the great Zen Buddhist teacher D.T. Suzuki, archetype and dream work pioneer Carl Jung, poet Walt Whitman, Andrew Carnegie and writer Stephen King are only a few. My boyfriend has influenced the people we most credit with molding Western civilization; yet most people today have never heard of him. It seems a crisis of consciousness that people know more about their favorite sitcom actor or actress than they do about Emanuel Swedenborg!

Like the great sleeping prophet Edgar Cayce, Swedenborg was able to ask questions and get remarkably wise and prophetic information from non-physically based sources. However, unlike Cayce, Swedenborg remembered everything in great detail and did not lose consciousness while communicating with the other side. He could have a lucid and intimate conversation with a group of Angels at the same time he was enjoying tea with friends or attending a parliament meeting.

There are many documented accounts of Swedenborg communicating with the "other side" and then extending that information to those around him. These stories have since become known as Swedenborg's "minor miracles". Swedenborg himself never actually wrote about any of them. He felt they were not very important and did not want people to get distracted from the understanding of how we relate to Spiritual realities, which is the main thrust of all his writings. Personally I find Swedenborg's minor miracles fascinating because they validate so exquisitely the authentic quality of his written wisdom. There are numerous stories of people who contacted Swedenborg because loved ones had died with sensitive information they took to their graves. When the survivors needed that information, they would ask Swedenborg to talk with the deceased friends or family on the "other side" and get what was needed. Swedenborg even provided that service for the Queen of Sweden, who afterwards became extremely loyal and dedicated to him. There are at least two accounts of Swedenborg letting people know of a fire that was happening some distance away and providing details of this event as it happened. Remember that Swedenborg lived in the 18th century, long before the telegraph, telephone, television or any form of mass communication.



Vaishali

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For Swedenborg to provide consistently accurate information involving situations known only by a deceased person; for him to reliably share in real-time information about events hundreds of miles away is a pretty mean trick if you are just making it up. Swedenborg was even asked who would be the next person in the room with them that was going to die. He not only got the date and time right but the clock by the man's bedside stopped at the exact moment of death! Swedenborg knew the date and exact time not only of other people's deaths but also of his own. When asked how he knew these things Swedenborg always had the same answer... the Angels told him.

Swedenborg said it was revealed to him that the entire purpose of his earlier scientific career was to prepare him for his later work as a mystic. Swedenborg wrote over 35 volumes of work on the nature of the Spiritual world and how what we do in the physical world affects where we live Spiritually. He wrote over three and a half million words on how the Spiritual realms are organized (and don't forget this is without the benefit of word processing, spell check, or Google.) I can see why such a strict scientific discipline was involved in the pertaining of Swedenborg's perspective. If it turned out that creating a GPS of the Spiritual realm was my J-O-B, I would be a bit biased. I would start out by describing what the Angels were wearing, who had the most colorful aura, and what jokes were circulating in what level of Heaven... clearly hell would not have any jokes because that would be too much fun. Swedenborg was not distracted by the typical way we observe reality. He was trained in nothing but the facts long before Dragnet. Swedenborg brought us a timeless and incorruptible view of ultimate reality.

Swedenborg's definition of Heaven and hell is also very straightforward. Heaven is a place or state of being that is unalighted in nature. Hell is a place or state of being that is limited. Swedenborg pointed out that no one needs to die to experience these states; they are available to us right here on the Earth, although what we experience here is not the real Heaven and hell—those are non-physical states of existence.

Furthermore Swedenborg said that the reason the Earth exists is to provide us with an advanced education in the Spiritual Law: **you are what you love, and you love whatever you are giving your attention to.** Here on the Earth plane it is an unavoidable reality that we must feel the direct result of what we give our attention to...

Eastern Spiritual psychologies profess that whatever you give your attention to is what you are making your God. If, for example, you spend all your time thinking about that next cigarette, then you have just made that nicotine fix your God. If you are worrying about your bills, your daughter's boyfriend with the spiked hair and nose ring, the price of oil, the

likelihood of another terrorist attack or CNN's reported "fear du jour", then you love worrying and stressing out about your life. Surprising isn't it? Not really, because we in the West consider love to be associated with something we have a positive affection for; however, according to the Eastern sciences of self-healing, love is where your attention goes regardless of whether or not it is for something ultimately life enhancing. Really makes you want to clean up where your attention goes, doesn't it?

ABOUT THE AUTHOR

The path to vibrant health and wellness begins by creating a right relationship with your mind and your body. Vaishali, who has healed herself from terminal illness twice without western medicine, prescription drugs or surgeries, shares natural health tips and practices that will improve your health and your mindset in ways that are practical and easy to implement and are relevant to anyone with a human body. Vaishali is a faculty member at The Omega Institute, The Kripalu Center for Health & Yoga and the Learning Annex. She has appeared on national radio and network television programs including ABC TV, CBS TV & NBC TV and on The Dr. Oz Radio show. Vaishali is a regular contributor to The Huffington Post and has been quoted on Oprah.com. Her articles have been published in hundreds of magazines worldwide. In 2009 Vaishali was voted by THE Magazine as one of the top 50 Inspirational women in the Los Angeles Area. Vaishali graduated Magna Cum Laude from San Francisco State University, with degrees in both Philosophy and Religion as well as the Radio and Television Department.

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

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

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Float Your Troubles Away

by Paul Ciccarelli & Chris Edwards

"The tank is a teacher with nothing in particular to teach... a silent mentor, guiding you and allowing you to attune to and attain your oceanic self."

In Focus: THE FLOATATION TANK

Dr. John C. Lilly, an MD trained as a psychoanalyst with a specialty in experimental neurophysiology, produced a research tool he called the "float tank" while investigating the specific psychological processes of the brain. It's an encapsulated bathtub which encloses a person floating atop ten inches of water in which eight hundred pounds of Epsom salt has been dissolved. This exceeds the buoyancy ability of the Dead Sea.

For more than twenty years previously, Lilly was fascinated by the ambiguous connections between mind and brain. After following seemingly endless paths down long corridors of brain tissue, electrical currents, machines, data, and the intangible innuendos of the mind, Lilly arrived at the float tank. This in turn led him to consciousness which, eventually, led him to life. What happened throughout the arduous and exceptional journey to his reality is another story for another time.



Robert Anton Wilson once said, "It works if you work..." Believe it or not, it does take work to do nothing and float, but it's not the work to which you are accustomed. Almost anyone can float, but the tank just makes it easy and available without too much work involved. Once you are floating, the deep calm of the abyss makes you feel as if you are back in the womb and will no longer need to work; you will be nurtured, supremely comfortable, and content.

The tank is a teacher with nothing in particular to teach. You receive its message before you return to the light with guidance for what you know you must do. The tank is but a silent mentor, guiding you and allowing you to attune to and attain your oceanic self.

This, of course, is the 'bare bones' of the tank. Anyone can use the tank anyway they please and benefit from it as they seek to apply it to their life. Everyone will react in their own personal way, depending on self, individuality, and the life they live presently with its distractions, progressions, alignments, problems, and solutions. Every person who floats has a different experience and often no one is capable of describing what transpires. Every time an individual floats they have a different experience from the previous time they took the plunge. There is only one way to find out what it's all about: float yourself.

Paul Ciccarelli, Chris Edwards, and Kristen Stump are the owners of CLOUD9 Float & Spa



Kristen Stump, Spa Director/Owner

People ask me what the tank is used for, what it can help with, and if it can help them. Floating by Michael Hutchison covers some of its uses, such as: relieving stress, anxiety, depression; helping lose excess weight; speeding recovery with athletic injuries; relieving drug sickness; eliminating bad habits; releasing endorphins in the brain called peptides which promote creativity, focus, and energy; increasing comprehension, retention, and original thinking. It is claimed that two hours in the tank equals more than a full night's rest. The list of the benefits the tank has to offer (including the healing properties of Epsom salts) is lengthy and encompasses many ailments. However, in most cases of actual healing and convalescing ritual moments, often there is some sort of sensory silence involved. Therefore, with most maladies, whether physical, psychic, or spiritual (neurological), the tank offers one of the best forms of sensory silence and seems more than able and willing to help.

CLOUD9 Float & Spa features the original Samaadhi Float tank in addition to other restorative and wellness services. We are located at 1250 Tamiami Trail North Suite 208 Naples, FL 34102. Call us at 239-529-3235 to schedule your float. For more information visit us at www.NaplesCLOUD9.com.



TRANSFORM YOUR HEALTH

Simple Yet Efficient Ways for an Energized and Healthier Life

by David Dancu, ND, JD

PART 2: GLUTEN

We often get stuck while attempting to make lifestyle changes, mostly because of the effort and time involved. In this series of articles, I propose simple yet efficient ways to achieve a more energized and healthier life. I believe that 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.

Last month we addressed how important it is to become aware of the amount of sugar we consume on a daily basis. To cap that off, let's complete our understanding of sugar's impact with an overview of an average daily diet.

BREAKFAST of cereal (60g), 2% milk (11g), banana (18g) and toast (3g) with jelly (13g) plus tea/coffee (no sugar). How many grams of sugar would you guess is contained in that type of breakfast without seeing the numbers? Would you believe it to be 105 grams or about 26 teaspoons of sugar?

LUNCH consisting of a sandwich of whole grain bread (6g), turkey(3g) mayo (1g), lettuce, some chips(4g) and a bottle of Tazo tea (26g); then a Snack between lunch and dinner: Protein bar (13g) or a candy bar(57g)

DINNER: pasta (3g) with tomato sauce (1-2g), salad with Italian dressing (2-3g), garlic bread (3g); glass of white wine(15g); desert (46g).

Looking at one day's overall food intake in the above example, potentially, there are over 227 grams (56 teaspoons!!) of sugar consumed. It's incredible when you actually look at the total consumption of sugar per day. Although, the body needs a certain amount of food-based sugars (from sources including carbohydrates, fruits and veggies or whole grains) to maintain energy, that amount does not need to exceed 25 grams for the entire day. Beyond that amount, sugar intake is neither adequately processed and assimilated, nor properly eliminated. So, where does the excess sugar get stored? Short version: in the liver and the skeletal muscle. When the stored sugar exceeds biological limits, the liver converts it to LDL cholesterol (not the good kind) or body fat.

Based on this alarming review, sugar intake, including starchy vegetables, fruits, simple sugars and sweeteners, require careful evaluation, elimination or significant reduction. Again, this is not to suggest that a reduction of sugar intake be accomplished immediately. Reduction over a 2-3 week period will generally produce better results. Even then, a splurge occasionally is realistic.

A few supplements/herbs to consider with insulin and/or blood sugar issues include: chromium, pancreatic enzymes or papaya enzymes, Holy Basil, and encapsulated cinnamon. For a more in-depth consultation about the topic and recommended supplements, you may reach me at 239 434-2497 or email at DDancu@gmail.com.



GLUTEN INTAKE

In conjunction with the sugar issue, gluten and gluten-free foods are at the forefront of concerns in articles, books and media reports on health. Taking a brief look at some of the questions surrounding grains, gluten, and gluten-free diets, we may come to a better understanding of their role in our health.

Grains are carbohydrates. Carbohydrates are one of the most important sources of energy for the body. The digestive system changes carbohydrates into glucose (blood sugar) and the body uses this sugar to supply energy for the cells, tissues, and organs. As discussed earlier, when we monitor sugar intake, grains have to be also considered (even gluten-free breads). Does this mean that we should eliminate all grains? That may depend on sensitivity/intolerance, type, and amounts of the grains consumed.

History shows that grains have been a part of our diet for thousands of years. I have read various theories that grains are so recent on the evolutionary scale, that our bodies cannot assimilate or digest them properly because they are not recognized. But there is evidence to the contrary and only the individual ingesting and determining which symptoms arise can truly judge the consequence. This is not to say that levels of sensitivity or intolerance to gluten may not exist, because based on my many years of experience and research, I believe they do. But when refusing to consider the nutrient-rich benefits of valuable grains or by following the current fads and "herd mentality", we could reduce our ability to access a vital part of our diet and health.

I am personally not of the opinion that a grain-free diet is suited for everyone or that gluten is the culprit for a long list of ailments. In my opinion, there are too many surrounding issues with the environment, genetically modified foods (GMO's), pesticides, pharmaceuticals, and contaminated water, for gluten or grain to be categorized as a primary or significant contributing cause. Certainly, there are issues for some individuals, but I believe that if consumed in moderation, healthy, organic and whole, non-GMO grains have a significant value in our diet.

What is gluten?

Gluten is a substance present in cereal grains, especially wheat, barley, rye, and some crossbreeds. It is composed of two naturally occurring proteins: gliadin and glutenin.

The term gluten is clearly associated with the word glue. The proteins found in gluten are responsible for helping foods maintain their shape and elastic texture, acting as a glue that holds food together. But it's not only the glue-like properties of gluten that could make it an alarming substance to our health.

Some people are actually gluten-intolerant, meaning that their bodies produce an abnormal immune response when gluten is broken down from wheat and other grains during digestion. The most well-known form of gluten intolerance is celiac disease, which affects about one in every 141 people in the United States, according to the National Institutes of Health. When someone with celiac disease consumes gluten, it triggers an immune response that damages their intestines, preventing them from absorbing vital nutrients. Wheat allergy is another rare type of gluten intolerance. It's a food allergy marked by skin, respiratory or gastrointestinal reactions to wheat allergens. Gluten sensitivity is another form of gluten intolerance. After consuming gluten, patients with gluten sensitivity may experience many celiac disease symptoms, such as diarrhea, fatigue and joint pain, but don't appear to have damaged intestines. Gluten sensitivity is currently estimated to affect as many as 18 million Americans.

Tom Valentine, a Naples author and owner of Carotec, Inc, published an article "Setting the Record Straight on Glutens & Glyphosate" in the January 2015 Carotec Health Report (www.carotec.com). The article attempts to correct the record on gluten, grains and healthy breads. Valentine explains that most of the modern-day factory breads lack nutritional value, contain harmful additives, and are overly processed and basically lifeless. Valentine advocates that certain types of organic fermented sourdough breads are actually beneficial: "Bread isn't just grain. Properly made, using organic, non-hybridized grains with sourdough fermentation, bread becomes a vibrant, living food, full of healthy microbes which are healthy bacteria."

I agree with Valentine's position on the topic and I find that his writings are well-researched and highly respected. I further agree that gluten might not be the main reason for the consumption of grains to be potentially harmful to our health. I strongly believe that it's the consequences of grains being grown with pesticides, contaminated water with pharmaceutical hormones and ultimately, the genetic modification that causes an allergic reaction or possibly digestive issues. As Valentine states, the true "problem rests with the health of the bread."

TRADITIONAL SOURDOUGH BREAD



Photos from Google Images

When it comes to gluten intake, I recommend a *common sense* approach. Try to eliminate all grains/gluten/starchy vegetables for 7-10 days. I know this may not be easy to accomplish, but consider it part of an experiment and the goal is to discover your inner healer. Keep track of your reaction or non-reaction (improved sleep, mood, energy, even digestive issues or lack of them). If little or no change presents, then re-incorporate these items one at a time for varying periods to further determine their value in your diet. If the opposite is true, then one or more of the products is contributing to the imbalance. The solution for balance then may lie with suggestions mentioned above: eliminating the cause and trying a healthier alternative; eating only the best types of non-GMO organic grains and if necessary, considering gluten-free products.

Enzymes, supplements, probiotics, herbs or homeopathic remedies can be incorporated into your diet to further improve your chances of successfully transforming your health. There are excellent enzymes that can assist in breaking down certain types of carbohydrates and most health food stores are happy to assist in determining which enzymes are best suited for your needs. Also, www.enzymatica.com has a free test to see which enzymes might best fit your diet. If you wish to learn more about recommended supplements and Homeopathics, you may reach me at 239-434-2497 or email at DDancu@gmail.com.

The next dietary factor on your way to better health will be addressed in next month's issue. Until then, you may continue the process of transforming your health by practicing the above approach. Progression along a healthy path, when that path has rarely been followed, begins with small steps, both literally and figuratively. I'm not sure why this seems to be mostly a 'man thing' (and I have seen women of like mind), but some men actually take better care of their vehicles than they do their bodies. Following that analogy, we are attempting to build a better 'car' here, so to speak, one that will be filled with energy, run smoothly, endure and be of sound mind and spirit.

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DISCLAIMER

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

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

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A KAYAK WORKOUT

by Dennis Vasey

Photography by Dennis Vasey

About a year ago a retired acquaintance invited me to kayak and I accepted.

I've lived on the shore of a deep retention pond since 1990, but never once thought about paddling around it. Odd, since I spent a lot of time in row boats on a lagoon near our home in Milwaukee in my youth. Living in Alaska, I spent more time on the interior rivers in a Grumman Canoe.

Why did I agree to kayak? More specifically, what exactly did my first tandem kayak experience on the East River awaken? The quiet? The water fowl? Mangroves? All sorts of aquatic creatures? Aquatic plants? The sky? An opportunity to use a camera? A chance to use a hand held Garmin? Exercise?

Kayaking provides a workout that can be done by anyone and to whatever extent he desires. Lifting. Carrying or dragging. Paddling. Pushing off the bottom. Securing the kayak to your car roof. Planning the route. It requires pieces of everything. Especially clean-up.

Kayaking is ultimately a social sport. Whether you're in a mangrove tunnel or paddling your kayak to the next landing spot, you can talk and laugh with your friends along the way. If you're in tandem, keep in mind that the paddler behind you can't see what's in front of the kayak! But the paddler in front gets to see everything first and, as they say on the Iditarod, "Unless you're the lead dog, the scenery never changes."




It's a pleasant distraction from everyday life. In our world today, it's easy to get so caught up in work and other aspects of life, that you lose track of this whole other world around you. Kayaking gives you the chance to get outside, clear your mind and take a moment away from the hectic nature of everyday life.

The places it takes you. The fact is that there are many places in the world that are simply only accessible by water. I can think of a number of places that I have been in my kayak that no one else will ever see unless he makes that same journey in his kayak. And in another sense, it can take you places that you may never have considered visiting before you get in your kayak.

The Low cost and minimal maintenance equipment are great things about kayaking. Once you have the equipment, actually kayaking is free minus the gas to get to the water if you don't live on a retention pond. So unlike skiing, there is no lift ticket to buy. And unlike biking, the maintenance on the equipment is very minimal.

The Adrenaline rush, or lack thereof, that comes with extreme sports, is up to you. If you need to feel that rush, go run a big rapid or hop into the surf in a sea kayak. If not, then take a peaceful paddle across your retention pond or the Gulf of Mexico. Or do both in the same day.

DENNIS P. VASEY is retired United States Army colonel. He is also a member of the Ecological Society of America and The Everglades Wetland Research Park, a teaching and research facility of Florida Gulf Coast University located at the Naples Botanical Garden. He and his wife Janet, reside in Naples, Florida.



In the long run, we shape our
lives, and we shape ourselves.
The process never ends until
we die. And the choices we
make are ultimately our
own responsibility.

- ELEANOR ROOSEVELT



PHOTOGRAPHY BY CHERYL MCCORKLE

Crystal Therapy: AMETHYST

ATTRIBUTES	Protection, Divine Connection
ELEMENT	Wind
CHAKRA	Third Eye, Crown
SIGN	Pisces
MINED IN	Brazil, Mexico, Canada, Britain, India Russia, Siberia, Sri Lanka, the USA



Photos from Google Images



Amethyst is a member of the quartz family. Its color, which varies from pale violet to dark purple, is derived from trace amounts of iron and aluminum.

Amethyst is one of the most common crystals, yet it is an extremely powerful and protective stone with a high spiritual vibration.

BENEFITS

- Absorbs negative environmental energies
- Calms and stabilizes the mind
- Reduces restlessness, irritation, and worry
- Guards against psychic attack*
- Blocks geopathic stress*
- Clears blockages in the aura*
- Enhances higher states of consciousness
- Enhances spiritual awareness
- Promotes mental focus
- Brings spiritual insight
- Strengthens the memory and improves motivation
- Helps remember and understand dreams



POSITION

Wear or place as appropriate. Clusters and geodes can be placed in any space for protection and into healing or meditation rooms to create a safe space, to facilitate spiritual healing, and to enhance meditation. Single points and wands can be used in energy healing; placing the point towards you can draw in energy, and away from you can draw off excess energy. For insomnia and nightmares, place under the pillow. **NOTE: Amethyst will fade in sunlight.**

GRID

You can make a crystal grid with Amethyst when physical, emotional or mental healing is required. Especially beneficial for creating a sense of calm.

MEDITATION

Meditation with Amethyst can stimulate the Third Eye Chakra encouraging intuition and visions. Placed on the Crown Chakra, Amethyst opens the doorway to a higher Consciousness.

AMETHYST has strong healing, cleansing, and protective energies. It is believed to dispel anger, rage, fear, anxiety, and depression. It may assist with coming to terms with loss, alleviating sadness and grief. It can encourage selflessness and spiritual wisdom. It is also said to open intuition and enhance psychic gifts. Sleeping with Amethyst may facilitate out-of-body experiences and bring intuitive dreams. It promotes a calm, clear and focused mind. It may be useful for enhancing the communication with celestial realms and the higher Self. At a subtle level, Amethyst balances and connects the physical and etheric bodies* linking them to the spiritual.

HEALING

Amethyst is said relieve physical, emotional, and psychological pain or stress. It is believed to boost the immune system and metabolism. It may ease headaches and release physical and mental tension. Amethyst is found to be beneficial for the lungs and respiratory tract, skin conditions, cellular disorders, and diseases of the digestive tract. It may be used to reduce bruising, injuries, and swellings. This stone can help overcome unwanted habits and addictions.

***AURA/AURIC FIELD** The subtle biomagnetic sheath that surrounds the physical body, containing information about the person's physical, mental, emotional and spiritual state of being.

***CHAKRAS** Energy centers of the body. The term comes from the Sanskrit word chakra, which means "wheel". (See more on p23)

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

***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.

***PSYCHIC ATTACK** The direction of malicious thoughts or feelings towards another person, whether consciously or unconsciously, that can create illness or disruption in that person's life.

SOURCE:

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

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.

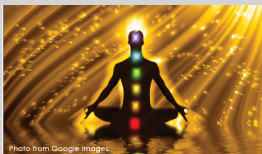


Photo from Google Images

The Third Eye Chakra is the center of perception, from where we picture how the world works; it is where our everyday awareness and the consciousness of the self is stored.

Chakra Review: **THIRD EYE CHAKRA** - THE SEAT OF UNDERSTANDING

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 *chakram*, 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 affects our life.

The sixth chakra is called the Third Eye or Brow Chakra, located at the center of the forehead. Perception is the main function of the Third Eye Chakra. It focuses on the ability to see beyond form into the energy patterns and dynamics that connect us to the non-physical experiences of the Self. This chakra opens our intuition, imagination, and inspired creativity. Our awareness is stored in here; it is here where we interpret the world around us, trying to comprehend what we perceive. It's not just seeing with our eyes, but also seeing with the mind; understanding and making sense of the information received by the brain.

To a certain degree, this chakra is detached from emotional concerns. Strong emotions can literally distort our sight and what we perceive will be only an illusion. When we are under emotional stress, our eyes can deceive us. Emotions have to be quiet in order to see a clear picture (physically and mentally). Silence and detachment of emotions allows the Third Eye Chakra to keep perspective. It is crucial to the proper functioning of this chakra to keep our emotions in check. Detachment, mental agility, and the openness to possibilities will allow this chakra to have the necessary clarity for accurate perception. Making assumptions and jumping to conclusions are signs that the Brow Chakra is out of balance.

Intuition, clairvoyance, and spiritual perspective are rooted in this area. When we can silence our emotions, the spaciousness of detached and passive observation will increase the possibility of awakening intuition. The Third Eye Chakra has the ability to interpret, shape, and change the very nature of our reality. It can see beyond the obvious, accessing the realms of intuition and clairvoyance to gain insight. Intuition comes from the awareness beyond the everyday conscious mind. It presents a "whole picture", an understanding that goes beyond the simple explanation of its parts. Confidence in the subtle signals received through intuition can develop into "clear seeing" or clairvoyance. Clairvoyance is the ability to receive (visualize) clear, penetrating insights that are beyond time and space.


When the Brow Chakra is not functioning properly, it cannot make sense of the information received by the brain; as a result, a state of constant confusion and indecision occurs. Imbalances can manifest as: problems with the pituitary gland & brain, headaches, nightmares, over-analyzing and thinking about things all the time, feeling inadequate in intelligence and knowledge, control issues, criticism, forgetfulness. We may fix issues associated with this area and help facilitate the healing by clearing and balancing the Third Eye Chakra.

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

SOURCES:

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

SIXTH CHAKRA

NAME Third Eye / Brow Chakra
SYMBOL 

LOCATION The center of the forehead, brow

SANSKRIT NAME Ajna

MEANING "to perceive"

COLOR Indigo / Purple

ELEMENT Light

SOUND OR MANTRA "Ham-iksham"

NOTE A

IDENTITY Archetypal Identity

SENSE Intuition

DEVELOPMENTAL STAGE Adolescence

PLANETS / STARS Mercury, Uranus, Jupiter, Neptune

ASTROLOGICAL SIGN Sagittarius, Pisces, Aquarius

ESSENTIAL OILS Geranium, Lavender, Rosemary, Ylang Ylang

CRYSTALS / MINERALS

Amethyst, Azurite, Fluorite, Lapidolite, Sugilite, Tanzanite, Chiaralite,

BODY / ORGANS

The brain, nervous system, eyes, ears, nose, sinuses, face

ENDOCRINE GLANDS The pituitary gland

STORED INFORMATION

Self and body images, soul's vision, ability to see clearly, both physically and spiritually.

CENTRAL ISSUES

Intuition, imagination, insight, ability to see one's life clearly, use of the mind/intellect

EXCESSIVE

Hallucination, nightmares, obsessions, delusions, difficulty concentrating, headaches

DEFICIENT

Poor vision and memory, denial, insensitivity, lack of imagination, difficulty visualizing, can't remember dreams

BALANCED

Intuitive, perceptive, imaginative, good memory, able to visualize, able to think symbolically, able to remember dreams

PHYSICAL DISFUNCTIONS

Headaches, eye and ear disease, nose and sinus problems, facial nerve problems, nightmares, brain tumor, stroke, neurological disturbances, seizures, learning disabilities

ADDICTIONS Hallucinogens, marijuana

TRAUMAS

Fighting environment, violence, invalidation of intuition and psychic occurrences, what you see does not go with what you are told

SPIRITUAL CHALLENGE

The spiritual lessons relating to insight and intuition, to seeing beyond the visible

GOALS

Psychic perception, imagination, clear seeing, accurate interpretation

HEALING STRATEGIES

Meditation, visual stimulation, creating visual art, drawing, working with memory, dream work, hypnosis, guided visualization, past life regression

FOOD

Dark, bluish colored fruits, liquids, spices



Essential Oil of the Month: PEPPERMINT (*Mentha Piperita*)

by Belharry Gonzalez, Certified Aromatherapist

Peppermint is one of the oldest and most highly regarded herbs in history. Its uses in the culinary arts and herbal medicine date back to ancient Greece, Rome, and Egypt. Peppermint oil has many recorded benefits as an herbal remedy, but it can be applied topically (often diluted) as well. It may also be used to enhance the flavor of food and water.

Dreams

Cleansing

Protection

Purification

AROMA: Fresh, crisp, penetrating, clean and sweet

PROPERTIES: Anti-septic, cooling, stimulating, revitalizing

ELEMENT: Air

PLANET: Venus

CHAKRA: Root and Solar Plexus



Gaia's Healing Gifts
Peppermint
Essential Oil

www.gaiahealinggifts.com

BENEFITS for Massage & Skin Care

- Stimulating and rejuvenating to mind and body
- Useful for muscle pain and rheumatism
- Helps relieve hot flashes during menopause
- Cools down sunburn when combined with lavender in a compress
- Beneficial for calming bee stings

EMOTIONAL USES

- Relieves mental fatigue, lethargy, and depression
- To enhance concentration blend with pink grapefruit, lemon, and lime
- Invigorates and inspires
- Calms the mind

HEALTH BENEFITS

- Clears respiratory problems, especially when combined with eucalyptus
- Relieves digestive problems, especially when taken as a tea or plant
- One drop may be used on a slice of apple to relieve nasal congestion
- Useful for headaches (blend with Lavender), migraines, and nerve pain
- Increases blood flow

METAPHYSICAL USES

- For spiritual cleansing and purification
- Can be consumed as an elixir or tea to bring about healing
- Can be burned or rubbed against objects to clear of negative energies

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

RECIPE

for Muscle Pain

- 4oz coconut oil
- 4 drops Peppermint
- 4 drops Rosemary
- 4 drops Eucalyptus

Gently rub into the area of concern.

for Respiratory Infection

- ½ cup Coconut Oil coconut oil
- 4 drops Peppermint
- 4 drops Rosemary
- 5 drops Eucalyptus
- 4 drops Lavender
- 5 drops Chamomile

Apply to the chest, back, and neck.

Peppermint, like other members of the mint family, is often found in Mediterranean and Middle Eastern cooking. Use it to season lamb, curry, couscous, or your favorite vegetables.

**THIS ESSENTIAL OILS IS AVAILABLE AT
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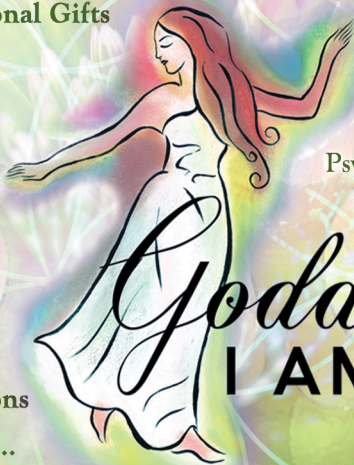
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Herbal Facials

Hours:

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Closed on Sunday, unless we have an event.

www.GoddessIam.com

DOULA

Paula Terry, LMT

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

LOVE



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



SCAN CODE

KEN FRIED IS OFFERING TWO-HOUR COACHING SESSIONS TO OUR READERS ABSOLUTELY FREE OF CHARGE!

KEN FRIED, Coach, Author & Speaker

Ghandi, known for having said, "*you must be the change you wish to see in the world*" also said, "*[that] without action, you aren't going anywhere.*"

Every spiritual warrior knows there is a time to be and a time to do. I think Ghandi would agree with me when I say that, "*you must do the change you wish to see in the world.*"

As a professional coach, I "do" the change I wish to see in the world by having deeply powerful coaching conversations that change lives.

I build my coaching practice by invitation, referral and word of mouth only and each week I have a handful of spots for which I invite inspired individuals to journey with me deeper than they've ever gone before.

I am offering to the readers of White Lotus, on a first come, first served basis, **25 two-hour long coaching sessions, totally free of charge. No crazy sales tactics, no pressure and definitely no gimmicks**, only an attitude of service and my undivided attention on you and your life.

If you're ready to get clear on what you *really* want, are ready to uncover what's been stopping or slowing you down, or are ready to harness your power to create a reality of your choosing, then I invite you to grab 1 of the 25 spots by emailing me at ken@kenfried.me by no later than March 15th.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 FULL MOON	6	7
8 DAYLIGHT SAVING STARTS	9	10	11	12	13	14
15	16	17 ST. PATRICK'S DAY	18	19	20 NEW MOON TOTAL SOLAR ECLIPSE MARCH EQUINOX FIRST DAY OF SPRING	21
22	23	24	25	26	27	28
29	30	31				



March 5
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 18:06 UTC. This full moon was known by early Native American tribes as the Full Worm Moon because this was the time of year when the ground would begin to soften and the earthworms would reappear. This moon has also been known as the Full Crow Moon, the Full Crust Moon, the Full Sap Moon, and the Lenten 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.



March 20
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 09:36 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

METAPHYSICAL ASPECTS

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

SOURCE:

www.seasky.org
www.caleastrology.com,
www.mindbodygreen.com
www.manspurpose.com
<http://www.timeanddate.com/time/change/us>



March 20
MARCH EQUINOX

The March equinox occurs at 22:45 UTC. The Sun will shine directly on the equator and there will be nearly equal amounts of day and night throughout the world. This is also the first day of spring (vernal equinox) in the Northern Hemisphere and the first day of fall (autumnal equinox) in the Southern Hemisphere.



March 8
DAYLIGHT SAVING TIME STARTS

When local standard time is about to reach Sunday, March 8, 2015, 2:00 AM clocks are turned forward 1 hour to Sunday, March 8, 2015, 3:00 AM local daylight time instead

Sunrise and sunset will be about 1 hour later on Mar 8, 2015 than the day before. There will be more light in the evening.

Also called Spring Forward, summer time, and Daylight Savings Time.

Local News & Events



PURELY YOU SPA is celebrating its Anniversary on Monday, March 16th and will be hosting a special event onsite. First 10 people to register get a free chair massage!

Members: FREE
Non-Members: \$25

(includes a \$25 gift certificate that may be used towards an onsite purchase that night), complimentary samples, drawings every 10 minutes for gifts or services, LIVE demonstrations, and more! Advance registration is required and includes a complimentary skin care consultation. Guests will be able to enjoy organic and gluten free delights, plus a PURE green tea tasting. Contact our Spa Concierge to secure your spot at our celebration today!

239-331-8266.

We are hiring additional "experts" to join our family. If you are an experienced esthetician, massage therapist, or nail technician please email your resume to info@purelyyouspa.com.

**3066 Tamiami Trail N. Suite 302
Naples, FL 34103**

PINE RIDGE ROAD FARMERS MARKET

March 1, 8, 15, 22, 29
3370 Pine Ridge Rd., Naples, FL



The Pine Ridge Road Farmers Market is offering a wide variety of fresh, locally-grown fruits and vegetables, organic produce, fresh-cut flowers, orchids, plants, seafood, dips, salsa, pickles, breads, jams, bagels, kettle corn, books, soaps, candles, clothes, jewelry, pottery, and many more locally made and fair-trade products. Pets are welcome! Join us on Sundays from 9AM to 2PM. 239-200-4401.

MARCH 4
5PM - 8PM

ART ALIVE - Alchymie and Hung Ly will perform all original ambient music on keyboards along with single, double, and triple Native American flutes, celebrating the captivating work of the Rosen Gallery and Studios in the Naples Art District, North Line Plaza, 2172 J & C Boulevard, Naples. 239-821-1061

MARCH 6
7PM - 8:45PM

EVENING OF CHANNELING w/Candye - at Goddess I AM Healing & Art Center, come for messages and healing from the Beings of Light with Candye Strafford. \$30 - 600 Goodlette Rd. N. Naples. 239-228-6949.

MARCH 6
6PM - 10PM

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

MARCH 10
6PM-8PM

ORACLE CARD CLASS - at Goddess I AM Healing & Art Center. Open yourself up to the wonders of divination by learning to read Oracle Cards. Beth will teach you a straightforward and simple way to understand the messages of the cards as they relate to your questions. \$20 600 Goodlette Rd. N. Naples. 239-228-6949.

MARCH 13
5AM - 8PM

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

MARCH 14

2:00PM - 4:00PM
FROM HELLVILLE TO WELLVILLE - Your Body's 100 Trillion Cells - Feed'em & Clean'em. Eating In The Raw-Naples presents a review of Dr. Robert Morse's, ND, D.Sc. M.H forty plus years' experience & perspective on the simplicity of health. He believes dis-ease is an illusion without causative understanding and his protocol saves thousands of lives. \$10 Naples Ballroom Company, 1644 Trade Center Way, Naples. Contact Linda at lindarawfood@gmail.com/518-522-8191

MARCH 20
6:30PM

SHAMANIC REIKI HEALING CLINIC - at Goddess I AM Healing & Art Center. Meet our newest Shamanic Reiki Healing Graduates as they utilize their newly acquired skills. These sessions are being given at discounted rates and will be monitored by the teaching staff. 600 Goodlette Rd. N., Naples. Make your appointment at 239-228-6949.

MARCH 21
11AM - 4PM

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

MARCH 28 & 29
10 AM - 5 PM

PSYCHIC DEVELOPMENT 101 WEEKEND with Psychic Medium Jay Higgins - at Anahata. This weekend's intensive course will open the natural psychic abilities and give you a base to start from. We will learn about protection, Chakras, Spirit Guides, among other ways to connect to your psychic abilities and information. You will be able to understand energy and be able to do a reading by the end of the weekend. For more information visit jayhiggins.net or anahatanaples.com. \$150 pre-paid, \$175 Saturday morning. 1065 5th Ave N. Naples. 239-262-0811.

MARCH 28
7PM - 9PM

"AN EVENING OF MESSAGES" with Psychic Medium Jay Higgins. - at Anahata. Jay has been connecting to Loved Ones on the Other Side professionally for 20+ years. He invites you to a night of messages from Loved Ones who have crossed over and Spirit Guides. Jay uses his high energy to create a loving and caring space for his galleries. \$25 pre-paid, \$35 at the door. 1065 5th Ave N. Naples. 239-262-0811.

MARCH 28
1PM - 8PM

PLANET EARTH FESTIVAL - at Shangri-La Springs. Hosted by Bobby Lee Davenport. Come and enjoy the Art, Organic Food, Music, Kids Activities, Premier Earth Craft Vendors at beautiful Shangri-La Springs, an organically certified, historic property that captures the natural life of old Florida with its Ancient Mysore Fig Trees and the Oak Creek meandering through the more than 8 acres of grounds. Drum circle starts at 5PM and continues until 8PM. \$5 per person with portion of proceeds benefiting local environmental groups. 27750 Old U.S. 41 Road, Bonita Springs. For more information contact Bobby Lee at (239)-777-0186.

The Largest Psychic Fair in South West Florida! March 21st, 2015

10 years!! This Mystic Faire marks the 10th year of bringing together this extraordinary group of individuals, offering unique jewelry, crystals, art, clothing, candles, and healing tools for spiritual growth. These wonderfully talented psychics and healers are committed to the healing of others, the planet, and the spiritual growth for all. Many are local and some are from as far as Texas. The vendors will be offering one-of-a-kind, spiritual art, hard-to-find, unique crystals, handcrafted jewelry and more.

Each healer and psychic has their own fee for their services, the average being \$20/25 for a mini session of 15/20 minutes. Free lectures will be held throughout the day with the amazing exhibitors at the event and with psychic/medium and coordinator of the event, Candyce Strafford. She will also be available for psychic readings and connecting to loved ones on the "other side" to bring healing to those left behind.

Psychics and mediums are becoming more accepted in the mainstream. The Mystic Faire offers the opportunity for those new to these possibilities and those already familiar to experience, learn and share with some of the best Psychics and Healers in their community, a beautiful balance of new interested people and those that live their lives regularly using energy healing, complimentary (alternative) healing and psychics to enhance their lives. To meet others in their ever-growing spiritual community.

There will be great food and beverages on the premises so you can stay and enjoy the faire all day long. The event is all about community so we take the opportunity to be a collection site for non perishable foods for a local food bank and pet foods for a local no-kill sanctuary.

The cost is \$5 to enter and it includes one raffle ticket. Each hour, a raffle ticket will be pulled to win one of many wonderful gifts donated by the exhibitors of the Faire. Raffle tickets will benefit a local charity, Freedom Waters Foundation, a non-profit that does boating and marine related activities for people with disabilities and life-threatening illnesses and another worthy local charities. **The Faire is open to everyone!** A great place to treat oneself to: a reading, energy session, listen to a free talk, or buy a gift from the vast array of unique gift items available, or just experience the positive energies being shared by one and all at this amazing event.



Mystic Faire

Saturday, March 21st
10 a.m. - 6 p.m.

**Many Psychics and Healers to choose from!
Lots of New Vendors and a great Food Court!**

Door prizes all day long with raffle proceeds
going to local charities.

Bring canned goods for local food banks.

\$5 cover at the door
12 & Under Free

Etudes Dance Studio, 3285 Pine Ridge Rd
(Between Livingston & Airport-Pulling)

For more information contact
Candyce, **239-949-3387** OneWorldOneLight.org

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This is a free Business Directory. If you'd like to list your business here, or if you are already listed, but need to change your information, call 239-687-0667 or email us at WhiteLotusMagazine@gmail.com. For more advertising options, go to www.WhiteLotusMagazine.com.

Local Business Directory

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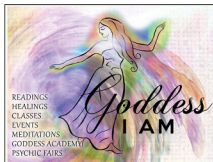
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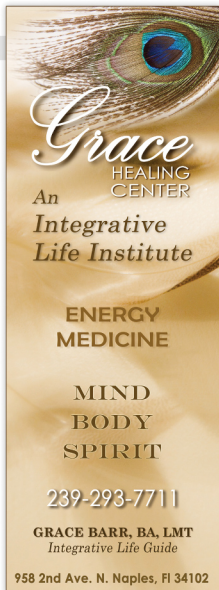
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The Amazing Healing Properties of Fermented Foods

by Sayer Ji



Photo from Google Images

Between the hard and fast dichotomies of cooked and raw, dead and alive, is this beautiful thing called fermented. A place where many of the digestive challenges associated with raw foods (e.g. enzyme inhibitors, anti-nutrients, lectins) are overcome in favor of not just preserving their benefits (e.g. enzyme activity, vitamin content, life energy), but amplifying them. Also overcome are the adverse consequences of cooking, e.g. enzyme destruction, vitamin activity degradation, oxidized fats, denatured proteins, etc., while still benefiting from the enhanced digestibility and assimilation that certain cooking applications offer. Fermented food is in many ways the complementary union of cooked and raw, as well as their transcendence – an image, not unlike the Tai Chi, comes to mind.

In fact, fermentation has almost heretical power in the realm of both medicine and nutrition, being quite capable of literally "raising the dead," also revitalizing and infusing with living and breathing energy a food ingredient that has been cooked into oblivion, or, a human whose body has been poisoned close to the point of death with antibiotics, or similarly biocidal drugs or chemicals.

There is no lack of scientific confirmation for the indisputable value of fermented food for the promotion of health and wellbeing. In fact, one could consider fermented foods like kimchi, natto, apple cider vinegar, and even – in moderation – wine, coffee, chocolate and beer, "medical foods" of sorts. At GreenMedInfo we have been indexing these functional applications in disease prevention and treatment straight from the research housed on National Library of Medicine, and have found over 140+ diseases that may be prevented or ameliorated by their use. [See: Fermented Food Health Benefits Research on GreenMedInfo.com.]

There is a broad range of fermented foods we could look at to illustrate their power to heal. After all, every single culture on the planet used (not a semantic coincidence:) culturing to sustain themselves.

But for this short article we will focus on Asian traditional preparations, since there is already such a huge body of clinical research demonstrating their amazing health effects:

KIMCHI – a probiotic strain isolated from the fermented cabbage preparation kimchi known as *Lactobacillus brevis* is capable of degrading organophosphorus pesticides. Kimchi, a probiotic strain known as *Bacillus pumilus* found within this fermented food is capable of degrading bisphenol A, a powerful endocrine disruptive chemical.

MISO – a fermented soy food has been shown, when consumed regularly, to reduce the risk of breast cancer in women by up to 54%. Miso is also capable of regressing colon cancer growth in the animal model.

NATTO – A fermented soybean extract that has been shown to suppress plaque buildup in the arteries in an animal model. Natto is capable of contributing to nerve regeneration following sciatic nerve crush injury.

This is, of course, only the tip of the iceberg when it comes to illustrating the remarkable properties of fermented food. We encourage our readers to take a look at our extensive database on the subject of the health benefits of fermented food.

To read full article and view list of references, visit the open source, natural medical resource site: www.GreenMedInfo.com.



Photos from Google Images

Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of *GreenMedInfo* or its staff.

SAYER JI is the founder of *GreenMedInfo.com*, an author, educator, Steering Committee Member of the Global GMO



Free Coalition (GGFC), and an advisory board member of the National Health Federation. He founded **Greenmedinfo.com** in 2008 in order to provide the world a massive, open-access, evidence-based resource site supporting natural and integrative modalities. It is widely recognized as the most widely referenced health resource of its kind. (See ad on page 46.)

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Date	Time	Requirements	Cost	Location
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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

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.

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