

White

SW Florida Edition

FREE

NOV 2015

Lotus
magazine



Spirit

Strength

INSPIRATIONS FOR CONSCIOUS LIVING

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

- OFFERINGS OF SPIRIT

"I seek strength, not to be greater than my brother, but to fight my greatest enemy - myself. Make me always ready to come to you with clean hands and straight eyes. So when life fades, as the fading sunset, my Spirit may come to you without shame."

NATIVE AMERICAN PRAYER



Photography by Anna Krecicki

"The Shaman's Whispers"

is a monthly column, offering bits of wisdom inspired by Native American teachings.

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

WISDOM

FOR NOVEMBER

The Shaman's Whispers

Realize that we as human beings have been put on this earth for only a short time and that we must use this time to gain wisdom, knowledge, respect and the understanding for ALL human beings - since we are all relations.

The Shaman Lady



*“We ask for **STRENGTH**, and the Great Spirit gives us difficulties, which make us strong.”*

- NATIVE AMERICAN WISDOM

CONTENT IDEA BY GUY CERRITO



In Native American culture, the Eagle Dancer Kachina Doll represents strength and power. It is believed to carry one's dreams up to heaven.

In ceremonies the Eagle Dancer is treated as an honored guest and is given many presents. He dances in the early spring imitating the motion of the eagle and praying for many more eagles to come.

THE EAGLE DANCER



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"We are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

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

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

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

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

WHITE LOTUS MAGAZINE
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www.WhiteLotusMagazine.com

NOTE *from the Editor*

The hot weather is finally breaking and we all can feel the seasons changing. Most of us are excited about the cooler days on the horizon and are looking forward to pulling out our warmer clothes, boots, and jackets from the closet.

As we wave farewell to the long, sizzling Florida summer, we already can see an increase in the traffic and we hold our breaths knowing that season is just around the corner. Soon our roads and beaches will be crowded once again – but with the flood of visitors and snowbirds will also come prosperity for our local businesses!

While we enjoy the crispier air in the mornings and are getting ready for the rush of the season, we should remember to take a moment to express and experience gratitude - as Thanksgiving is also this month (November 26).

On a personal note, this Thanksgiving I'm celebrating my 13th year being in the country. Every year this holiday is a special anniversary day for me with my own traditions -- remembering, rejoicing and being thankful for the opportunities I've been given, the experiences I've had and the people I have crossed paths with in these past years.

I'm especially grateful for having been able to create and share White Lotus Magazine and for all the support I have received. I'm thankful for the people in my life, those who are close and the ones that are far, for the things I have, and for the lessons I have learned. I give gratitude for every precious moment, every experience, and every living being on the planet. I appreciate every breath and celebrate what a blessing it is just to be alive.

Anna Krecicki



COVER PHOTO BY ANNA KRECICKI

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NOVEMBER



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"They emerged from the swamps 50 million years ago and became creatures that ruled the world from coast to coast, mountains to deserts... They leave us messages, ancient footprints in the sands of time... Their movements are meditation. Their eyes shine with a deep intelligence..." – Derek Joubert, *Soul of the Elephant*



The Soul of the Elephant - A moving documentary exploring the last remaining herds of elephants in one of the most remote places in Africa

by Anna Krecicki

Photo from Google Images

Elephants: they are majestic; they are intelligent; they are iconic. We are humbled by their gigantic size, their strength, and intellect. Elephants are simply magnificent creatures. Yet, their population is decreasing each year – placing them at risk of extinction.

The natural habitat of elephants is disappearing in front of our eyes. As a result of climate change, large portions of their home-lands are becoming hotter and drier, offering poor foraging conditions and threatening calf survival. The increasing conflict with human populations taking over more and more elephant habitat has also become a threat to the future of these animals. In addition, there are over 35,000 elephants poached each year solely for their ivory tusks.

That is 96 elephants killed each day. Organizations of wildlife conservation as well as on regulations that govern worldwide elephant protection are working hard to maintain a ban on the sale of ivory. But in spite of these efforts, ivory is still being used as a currency or commodity hedge in many countries, placing elephants in great danger of extinction.

It has become a depressing fact that many species can no longer breed as fast as poachers kill them. Slaughtering animals for fun, for myth, for greed and ignorance is an unforgivable act – a sin beyond comprehension, and it has to stop.

Raising awareness and spreading the message of securing a future for the elephants has become the mission of many dedicated individuals and organizations. They recognize that we cannot allow these incredible creatures to disappear from Earth. Observing them, we come to understand that elephants are sentient beings that have a lot to teach us.

Elephants are smart and very perceptive creatures. They form deep family bonds and have memories that can span many years. They display feelings of grief, joy, anger, and play. They celebrate birth and mourn their dead, just as we do. They are social, considerate, and very protective. Elephants are among the world's most intelligent and sensitive animals.

Focusing on the behavior that makes elephants unique, wildlife filmmakers Dereck and Beverly Joubert take an intimate look at these majestic giants in their new documentary film, *Soul of the Elephant*.

The Jouberts are dedicated conservationists who have lived in the wild in Botswana for over thirty years, filming, exploring, researching, and telling the stories of this magical place.

The *Soul of the Elephant* takes us on a journey to one of the most secluded regions of Africa, where over 9,000 elephants live today. Starting from a pile of elephant bones, the filmmakers explore the many different possibilities that one old elephant may have witnessed during the course of its long life.

The 50-minute documentary showcases spectacular footage on the life of these fascinating creatures and exceptional photography of the vast landscapes of Botswana. The brilliantly shot pictures are accompanied by intimate insights, narrated by the couple, into what makes these magnificent animals what they are.

According to Derek Joubert, the reason for filming the *Soul of the Elephant* was to highlight what we might be losing if these animals no longer roam the earth: the richness of all the things they can teach us and the answers they can reveal to us – answers that may even help us better understand cancer in our own species.

Watching this eye-opening and truly moving documentary can help us discover and celebrate the “ways of the elephant” and realize the loss we’ll suffer unless the trade in wildlife stops.

Soul of the Elephant premiered on PBS on October 14th, 2015. You can watch it at <http://video.pbs.org/video/2365582605>.

SOURCES:

www.defenders.org/elephant/basic-facts
www.terramater.at/productions/soul-of-the-elephant
www.huffingtonpost.com/dereck-joubert/the-soul-of-the-elephant_b_28288950.html

NOTE *from the Editor*

Carol Glassman, our well-travelled copy editor recommended this video to me just the night after it was aired on PBS. She said: "It is magnificent - I love elephants and this was photographed where I was in Botswana!" Upon watching the documentary, I was moved and felt the urge to spread the word about it. So I decided to feature the film in this issue and inspire others to also watch it.

Along with this feature, I'd like to share Carol's beautiful photography taken in the same area the documentary was filmed.

Did you know?

Elephants can live up to 70 years. They communicate over long distances by producing a sub-sonic rumble that can travel over the ground faster than sound through air. Other elephants receive the messages through the sensitive skin on their feet and trunks.

Elephants live in tight family groups of related females called a herd. The herd is led by the oldest and often largest female, called a matriarch. Herds consist of 8-100 individuals depending on terrain and family size. When a calf is born, it is raised and protected by the whole family.

Elephants have excellent memory. This ability serves matriarchs well during dry seasons when they have to guide their herds over huge distances, sometimes for tens of miles, to watering holes that they remember from the past.

Males leave the family unit between the ages of 12-15 and may lead solitary lives or live temporarily with other males.

Adult elephants eat 300-400 lbs of food per day. They can measure up to 30 feet from trunk to tail. An average male weighs between 6,000 and 15,000 lbs.

SOURCE: www.defenders.org/elephant/basic-facts

"I have always suspected that elephants are almost human and possess souls, but after being mesmerized by this documentary, I am sure of it! How often do we associate elephants with water? Oh, we may think of them comically hosing themselves and each other with those impossibly hilarious trunks, but here is a moving documentary that separates these regal creatures from the circus and the zoo, and places them back in their wild and natural origins -- where they belong." - Carol Glassman, Copy Editor

Photography by Carol Glassman



At dusk, this herd of about 20 elephants of all ages heads for a small island in the Chobe River - presumably surrounded by water they are a little safer from some nocturnal predators.

PHOTOGRAPHY BY CAROL GLASSMAN



On the bank of the Chobe River, Botswana

These photos were taken without telephoto lens
- yup, that close!



Two elephants cooling off under a tree at noon, in Chobe National Park where they may be observed by visitors on safari and are protected from poachers, while living in the wild. Park rangers closely monitor all animals while refraining from interfering with their lives and habits.



Footprint of Janet, one of the female elephants at the preserve in Victoria Falls - May 2014

This photo was taken at an elephant preserve near Victoria Falls, Botswana. They rescue elephants of all ages and each has a 'handler' to care for him or her. Some were born in the preserve. Not only does it provide a refuge for injured, abandoned or orphaned elephants, it also enables hands-on study of elephants in as near to a wild environment as possible.



It was rather exciting to have this very large elephant emerge from the bushes while we were sitting in a small motor boat at the side of the Chobe River. While bemoaning the fact that I didn't have a highly professional camera with a stronger telephoto lens, when I later saw this photo I realized if I had used a strong telephoto lens, I would have been photographing the elephant's fleas!

7 SIMPLE THINGS

you can do to to keep yourself grounded

With our busy lifestyles, we find ourselves spending very little time outside and even less time focusing on ourselves. We may have demanding jobs, families to tend to, errands to run, and chores to do. We may feel stretched thin, disconnected, overwhelmed and pulled in a million different directions. For many of us, it is difficult to maintain a sense of being 'grounded', especially being stuck indoors or in a high stress environment. But there are simple things we can do to restore our connection with the Earth energies, so that we can feel calmer, more relaxed, and more put together.

1. go barefoot

Take off your shoes and walk barefoot on the beach or in the grass. Just simply placing your bare feet on the ground – touching the soil or the sand will connect you with the Earth energies and get you grounded immediately.

2. be in nature

Find time to go outdoors. Whether you choose hiking, sitting in your backyard, meditating on the grass or playing with your dog outside, spending time in nature will help you reestablish your connection to Mother Earth.

3. garden

Getting your hands dirty while attending to your plants, herbs, vegetables in the garden is a wonderful way to 'bring you back down to earth'.

4. turn off electronics

Give yourself a break and occasionally turn off all electronic gadgets: cell phones, computers, televisions.

5. work with with crystals

Meditate or sit comfortably for a little while with a piece of grounding crystal in each hand. You may use any of the following crystals: Black Tourmaline, Tourmalinated Quartz, Black Kyanite, Black Obsidian, Smoky Quartz, Agate, Aragonite, Bloodstone, Jasper, Unakite, Boji Stones, Galena, Magnetite, Onyx, Brown Spinel, or Amber. You can also place one or more at your feet during meditation or wear as jewelry to keep you grounded.

6. grounding meditation

There are many different meditation techniques you can try to replenish your energy and restore your connection to Mother Earth. An excellent example of grounding meditation can be found on www.earthenergyhealings.com/blog/how-to-ground-yourself

7. use grounding tools

With the help of special grounding products, also called "earthing tools", you can connect directly to the earth while sleeping, driving, or working at your desk. (Read more in Leora Dappen's article on the next page.) To order earthing tools, go to www.earthing.com.



Photos from Google Images

SOURCE OF INSPIRATION:

How to Ground Yourself by Sarah Petruno on www.earthenergyhealings.com

DISCLAIMER

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



Earthing - A sci-fi term for a timeless healing practice

by Leora Dappen

Modern living has, in essence, severed our umbilical cords to Mother Earth. Our ancestors used to do everything on the ground: they ate, slept, and walked directly connected to the earth. Although much of the world still has this connection, industrial high-rise societies like ours are insulated and literally disconnected from the natural world.

Even though millions of people are drawn to the beach every year, few are conscious of just how beneficial it is to walk the shoreline or sit with bare feet sunk deep in the sand. We know it makes us feel refreshed, energized and grounded, but a day at the beach is much more than an emotional retreat; it is a healing spa for our physical bodies.

Earthing, also known as grounding, is bringing new awareness and validation to the way our ancestors lived and to how our intuition often tells us to return to that way.

Scientific studies have revealed that connecting with the earth has many health benefits. We are electrically charged creatures and living 'disconnected' creates an imbalance of the electrical current running through our bodies. Free radicals, which are positively charged ions essentially responsible for aging, increase in our bodies with pollution, poor diet and electromagnetic radiation from cell phones and computers. Earthing neutralizes this activity by feeding the body free negatively charged ions that can help the body balance itself.

Touching your bare feet to the earth, whether it is sand, wet grass, or even natural stone, has almost instantaneous physiological effects. According to the book *Earthing: The Most Important Health Discovery Ever* by Clinton Ober and Stephen Sinatra M.D., earthing is incredibly effective at regulating blood viscosity, blood pressure, blood sugar levels, blood circulation, inflammatory response, and hormone activity, to such a degree that people on medications for these conditions sometimes are able to lower their dosage. On the other hand, wearing rubber soled shoes, walking on carpet and spending our lives indoors cuts us off from what once was a part of everyday living in the past and in fact still is for most indigenous cultures.

I had a personal experience with the earthing effect and using earthing tools. I spent the last 15 years in South Dakota, which is synonymous with long, freezing cold winters - not at all conducive to grounding for health. In fact, my body would often rebel in the winter months with very severe aching muscles and joints. I intuitively knew that being 'disconnected' affected my health and so I would travel to southern Florida for 2-3 weeks

every winter to walk the beach and revitalize. It would help me endure the rest of the winter up north.

When I learned about earthing, I ordered some earthing tools right away. I slept on an earthing sheet made of hair-like wire fibers and used a grounding pad under my bare feet during the day. You can literally ground yourself by 'plugging in' to the ground portion of an electrical outlet or running a cable outside to a copper rod for grounding - which is what I did. I called this my "Northern Exposure" to try to make light of my artificial attempt at such a natural process.

To my delight, within four days of use, the severe pain in my wrists and hip were gone and I was sleeping like a baby. After one week I noticed my mood was steady and my hormones were balancing. It was a wonderful confirmation that my desire to be outside and barefoot had true health benefits. After this experience, if the weather got above 50 degrees I'd sit in my yard wearing my parka, with my bare feet in the grass. I'm sure it was quite a sight for passers by.

I live in southern Florida now. I only wear shoes when required and I recommend earthing to all of my clients. I especially recommend beach walking, as wet sand is the very best conductor of negative ions - the invisible little miracle workers traveling from the womb of Mother Earth up into our bodies to nourish and heal us.

If you aren't able to go barefoot, then you can use earthing tools, which you can order online at www.earthing.com. Wearing leather-soled shoes, like moccasins, will also keep you grounded. If you are interested in the scientific research or in ordering the *Earthing* book, you can find it at www.earthinginstitute.com. For now, if you can, kick off your shoes and start earthing. It's free, safe, easy and plentiful.

Disclaimer:

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

ABOUT THE AUTHOR

Leora Dappen is a Natural Health Practitioner and Certified Transformational Nutritionist. She received her Masters of Science in Holistic Nutrition in 2009 and currently works with private clients at the Healing Arts Center located in Naples. See ad on back cover.

Seeing the Energy

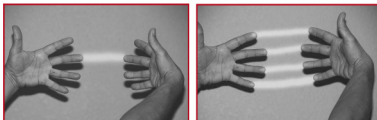
Excerpt from the Book *'Bioenergy Healing'* by Csongor Daniel

It is not necessary to feel or to see the energy in order to perform any healing. However, since most people can learn to see the energy within a few minutes, why not try it? Personally, I don't use this ability when I work one-on-one with my clients although I may take a quick glance at them when I see them the first time. However, this is one of those abilities that helps the visualization process when performing long-distance healing (LDH). It is also quite cool to see the auras at some special events or occasions, such as looking at the singers' energy at the opera or the actors' energy at the theatre. When they are at their very best, you can literally see a bubble coming out of the top of their heads!

For the first exercise, choose a calm and plain background. It is best if it is a one-color wall indoors, with lighting that is not too bright. Some people prefer white while others like darker colors. You will find your favorite as well. Facing the bare wall, lift your straight arms, with the elbows slightly bent, to eye level. The palms of the hands should face you, fingers spread, with the fingertips pointing at each other. Leave about 4" of distance between them. You will need some concentration at this point: focus your eyes at the area between the fingertips of the middle fingers (sure, you can choose any other two fingers, but these are the longest and thus the most convenient ones to look at). Don't look at the fingers and don't look at the background. Your focus should be entirely on the area between the fingertips of the middle fingers. What do you see? Can you see the connection between the fingertips? At first, it will be very faint, but the more you focus on the exact distance and the area between the fingertips, without glancing to the wall or the fingers themselves, the clearer it will become. Is it a bit hazy, watery, foggy, misty, or smoky? Does it resemble the air above hot asphalt in the summertime? Whichever it reminds you of the most, it doesn't matter. Either way, you are seeing it!

About 90 percent of people can see this in their first try. If you don't see anything, you have to adjust your focus or change the background or the lighting.

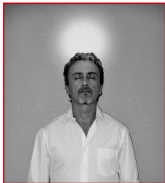
Once you can see the connection between the two fingers, you may try to see it between all of them. All it takes is adjusting your focus so you have all the fingers in your sight. What happens when you move one hand up and down an inch or two? Can you see the connections moving as well?



Now keep the left hand up as before with the fingers spread and only the forefinger of the right hand pointing at the forefinger of the left. First establish the same vision as before: see the connection between the two forefingers. Now move the right forefinger slowly down. You'll see how it connects first to the left middle finger, then the ring finger, and finally the pinky. If the distance is far enough, it will keep the connection with all the fingers!



Look at the right forefinger by itself. Keep it at arm's length, eye level and pointing up. You have to adjust your sight to look at the area around the forefinger, without concentrating on the background (which is still a plain wall). Your focus is not on the finger, but around it. Can you see the haziness around the finger? If you move your focal point to be the top of the finger, right above the fingertip, the density will be a bit different. Can you see it? It is a little bit thicker and brighter, almost resembling a funnel. This little tornado shape comes from the energy center of the fingertip, which is also known as a Chakra.



The term *chakra* comes from India, and it refers to the energy centers of the body. There are seven major chakras around the midline of the body and twenty-one secondary chakras elsewhere. Additionally, each fingertip and toe-tip is a mini chakra. Some other theories count nine or even eleven major chakras. We won't get into a discussion about these—let the scientists decide. It is not necessary to know the exact location or number of chakras in order to perform healing. It is a nice exercise to try to see them though, so let's see the crown chakra for our next exercise.

Have a friend stand against the same plain wall you have been using. Stand about ten feet or more in front of him. Look at the area right above his head. In a similar fashion as looking at the fingertip, try not to look at the wall or at your friend. Your focus should be on the area (and distance) right above the head. Can you see the same haziness as you saw above your finger? It is obviously bigger and brighter. You may see the funnel shape easier as well. It may appear to be like a shadow, so to remove all doubt, try the next simple exercise.

Tell your friend to visualize the happiest moment of his life, and watch what happens. The aura above his head starts to rise! It may not appear all straight or perfect. It may even pull to one side. However, it will be super bright and happy. As mentioned before, try this exercise at the theatre or the opera. You will be blown away by the size of the energy bubble above the singers' or actors' heads!

If you want to see more drastic changes, tell your friend to think of the saddest moment of his life. The aura may darken and shrivel up to almost nothing.

You can practice seeing the energy around just about anyone. You will also see big differences at various locations from restaurants, schools, court rooms, theatre, to public transportation, airports, and so on. Some of you may develop a keen eye for the aura and may choose to rely on your vision to perform the energy diagnoses, but most people are quite happy with just feeling the energy.

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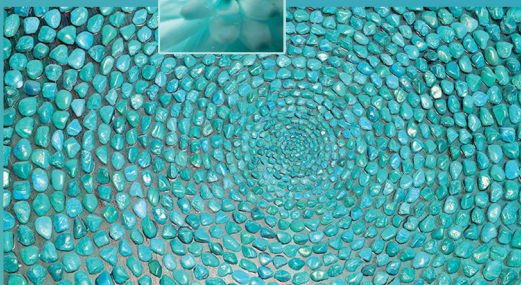


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ABOUT THE AUTHOR

Csongor Daniel has more than a quarter of a century's experience in bioenergy healing. Starting with a gift but no healing knowledge while an engineering student at the age of 21, he went through the full spectrum of education, from self-learning to studying with one of the world's foremost healers, Zdenko Domancic. Fresh out of college, he managed to work on 30 people a day within the first three months of his practice. In the United States since 1991, Csongor (pronounced Chongor) has published two books on bioenergy healing and a T'ai Chi double DVD set to share his knowledge. His acclaimed light and humorous lectures, both in the States and internationally, continue to expand the number of his followers and the advocates of this simple yet powerful healing method. Csongor's books and videos as well as online lectures are available at www.csongordaniel.com.





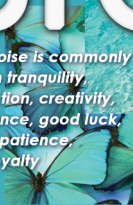
Photos from Google Images



serenity . balance . protection

turquoise

The color turquoise is commonly associated with tranquility, wisdom, protection, creativity, emotional balance, good luck, friendship, joy, patience, intuition, and loyalty



COLOR THERAPY: TURQUOISE

POSITIVE ASPECTS

Peacefulness, Serenity, Joy, Wholeness, Creative Expression, Empathy, Optimism, Renewal, Innovation, Intuition, Humanity, Patience, Protection, Wisdom

CHALLENGES

Pessimism, Lack of creative expression

CHAKRA: Throat & Heart

CRYSTALS:

Turquoise, Aquamarine, Apatite, Amazonite, Chrysocolla, Boulder Opal, Gem Silica, Smithsonite

COLOR THERAPY

The color turquoise ranges from light aqua to radiant azure green and from vivid sky blue, called *celestite*, to deep shades of teal.

Turquoise combines the calming, expansive nature of green and the cool, quiet flow of blue. In Color Therapy, turquoise is often used for invoking courage and strength. It can also be applied in order to influence honest communications and to encourage communication with higher dimensional beings. Most commonly used modalities include Crystal Therapy, Visualization, Color Silk Therapy, and Colorpuncture.

ATTRIBUTES

Turquoise is believed to enhance intuition and sensitivity. It can help calm the nerves and bring a sense of confidence. It is also said that the color turquoise could motivate us "to experience life to the fullest".

Turquoise is associated with the desire for freedom to be a unique individual. It allows the expression of our dreams and wishes. It brings together the green energies of growth and desires with the blue qualities of communication. Whatever the need may be in the heart, the blue ingredient in turquoise ensures that it will communicate itself and be recognized.

Those with a preference for turquoise typically don't want to feel restricted in any way. They are extremely adaptive and efficient. A person with an aversion to turquoise may be unable to communicate emotions and reluctant to think originally or to walk new paths.

Did You Know?

The word turquoise comes from the French *Pierre turquoise*, which means "Turkish stone", as the gem was originally imported from Turkey. In old times, these blue-green stones were widely sold and bought in Turkish bazaars. The Turks favored this color so much so that they decorated many of their buildings with turquoise glazed tiles. Originally mined in central Asia, Turquoise reached Europe through trading routes that passed through Turkey and quickly became a popular gem for jewelry and ornamentation. Grave furnishings with turquoise inlay were discovered in ancient Egypt, dating from approximately 3000 BC. Native Americans also found deposits in rock layers in cliffs and believed this mineral had spiritual significance and ceremonial relevance.

WEARING TURQUOISE

Incorporate turquoise into your wardrobe when you feel depressed, have low energy and a lack of interest in life. Wearing turquoise may be beneficial when you feel that you don't fit in with your surroundings or when you need courage to strike out on your own. You can wear turquoise jewelry to give yourself confidence and strength.

SOURCES:

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www.fengshul.about.com

TURQUOISE IN THE HOME

Turquoise is believed to provide protection from any negativity and to attract prosperity. In the home, turquoise can establish a connection to the elements, especially water and air. This calming as well as uplifting color can bring peace and higher energy to any space. It can be applied as a wall color or accent color for children's rooms, home offices, and family rooms. Use turquoise in moderation, as too much of this color can cause us to become overly analytical, fussy, and even egocentric.

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.



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The aura is a reflection of our true nature at any given moment.

AURA COLORS AND THEIR MEANINGS

"Every atom, every molecule, every group of atoms and molecules however simple or complex, however large or small, tells the story of itself, its pattern, its purpose, through the vibrations which emanate from it. Colors are the perceptions of these vibrations by the human eye... Color seems to be a characteristic of the vibration of matter, and our souls seem to reflect it in this three-dimensional world through atomic patterns. We are patterns, and we project colors, which are there for those who can see them." - Edgar Cayce

THE AURA

The aura is the electromagnetic field that surrounds the human body and every organism and object in the Universe. This energy structure that envelops the physical body is often referred to as "Auric Field" or the "Human Energy Field".

Metaphysical and energy healing studies explain that this field is comprised of energies of varying densities that permeate through the body. The particles of subtle energy are spread through and around the physical body in an oval-shaped field, forming an 'auric egg' that extends approximately two to three feet in each direction.

The aura contains different layers that are called the "Subtle Energy Bodies". These vibrational fields of energy overlap and affect each other profoundly. It is their unrestrained flow of life force energy that maintains the physical body. These layers vary in depth, energy, and frequency at any given moment in time. They fluctuate in response to our physical health, our experiences, thoughts, and emotions. As a result, they are dynamic and ever-changing in nature. (Read more in our previous article, *Beyond the Physical Body - Understanding Our 'Energy Bodies'*, published in the September 2015 issue, or online at www.WhiteLotusMagazine.com/Articles.)

This electromagnetic sheath that exists around the physical body contains information about our physical, mental, emotional, and spiritual state of being. Auras can reveal insights about us: about our true selves, about our thoughts, feelings, dreams, and even underlying health problems.

AURA COLORS

In the world of energy medicine, it's believed that all living beings emit energy that vibrates with specific frequencies, associated with specific colors. The colors can be seen by gifted people and those trained in the arts of energy healing. Energy healers are not only able to see, feel, and read auras, but they can also manipulate them for effective healing. The perception and understanding of the aura colors is beneficial, often essential to their healing work.

Auras typically contain several colors, often with one predominant color. These colors can change based on our soul's evolution, our experiences, thoughts, emotions, and even the food we eat. Each color indicates unique conditions and carries specific attributes. Understanding them could be the key to achieving and maintaining our physical, mental, emotional, and spiritual wellbeing.

SEEING THE AURA

1. Stand in front of a good size mirror. It is best if the background behind you is softly illuminated, plain white, and there are no shadows.
2. Choose a spot to look at. The middle of the forehead is often recommended (the location of the Brow or the Third Eye Chakra). But you can also look just a few inches above the top of your head.
3. Look at this spot for 30 to 60 seconds.
4. After 30-60 seconds, analyze your surroundings with your peripheral vision, while still looking at the same spot. Continue focusing on the same spot. Resist temptation to look around. You should start to see that the background around you is brighter and has a different color than the background further away. What you are seeing is your aura! The longer you concentrate, the better you will see it. Remember, concentrating on one spot increases your sensitivity by accumulating the effect of the vibration of the aura reaching your eyes.

You can further practice seeing auras with the assistance of other people. Keep practicing until you feel confident about recognizing the different colors. Soon you may see everyone and everything quite literally in a different color!

RED

Red as a dominant color in the aura indicates force, vigor and energy. It may also signify money worries or obsessions, anger or inability to forgive, anxiety, or nervousness. Red can also imply aspects of survival, raw passion, frustration, determination, a sense of importance, or feeling overwhelmed by change.

DARK RED

Dark red indicates high temper. This color is a symbol of nervous turmoil. It suggests a dominating personality or someone who is quick to act.

CLEAR RED

Clear red indicates a good, bright and pure state. This bright, clear red energy can demonstrate a healthy ego and characterize a powerful, energetic, competitive, and passionate person.

DEEP RED

It reflects a grounded, realistic, active, survival-oriented person with strong will-power.

ORANGE

Orange is the color of vitality, vigor, good health, and excitement. It generally indicates thoughtfulness and consideration of others. It suggests that the person has lots of energy and stamina, and a creative, productive, adventurous, courageous, uplifting, absorbing, inspiring, and outgoing nature. Orange in the aura relates to sensuality, physical pleasure, emotional self-expression, creativity, lacking reason, lacking self-discipline. It could indicate that the person is currently experiencing stress related to appetites and addictions.

ORANGE-RED

It suggests creative power and confidence.

ORANGE-YELLOW

It indicates a creative, intelligent, detail-oriented, perfectionist, and scientific personality.

GOLDEN ORANGE

It indicates self-control and vitality.

BROWNISH ORANGE

It may signify lack of ambition and a "don't-care" attitude.

YELLOW

Yellow symbolizes joy, freedom, non-attachment, and releasing vital forces. It shows that the person is full of joy, very generous, and not attached to anything. It is the color of awakening, inspiration, intelligence, perfectionism, organization, and action. It suggests a creative, friendly, playful, optimistic, easy-going, child-like, or ego-driven personality. It may also indicate mental alertness, analytical thoughts, happiness, optimism, thinking at an expense of feeling. A yellow halo around the head is a signature of a spiritual teacher.

GOLDEN YELLOW

It symbolizes health, well-being, and good mentality. It implies spiritual energy and personal power. Golden yellow typically characterizes an inspired, awakened person.

PALE YELLOW

Pale yellow in the aura may reflect merging psychic and spiritual awareness. It could also suggest optimism, hopefulness, and excitement about new ideas.

BRIGHT LEMON YELLOW

It may suggest that the person is struggling to maintain power and control in a personal or business relationship. It indicates fear of losing control, prestige, respect, and/or power.

DARK BROWNISH YELLOW

A student, or one who is straining at studying; overly analytical to the point of feeling fatigued or stressed; trying to make up for lost time by learning everything all at once.

GREEN

Green in the aura suggests natural healing abilities and a restful personality. When seen in the aura it usually represents growth and balance, and most of all, something that leads to change. It could also indicate love of people, animals, and nature. It signifies a teacher or a social person. Green relates to healing, peace, nurturing, new growth, need for security and balance.

BRIGHT EMERALD GREEN

It represents a healer. It could also characterize a love-centered, helpful, strong, friendly, and peaceful person.

LIME GREEN

It may indicate deceitfulness.

YELLOW GREEN

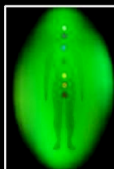
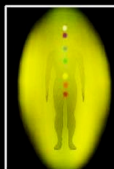
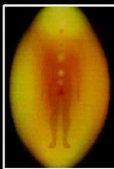
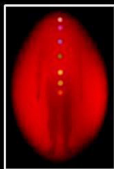
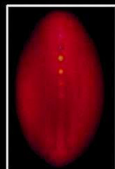
It signifies creativity and a communicative nature.

DARK/MUDDY FOREST GREEN

It symbolizes jealousy and resentment. It might indicate that the person is feeling like a victim of the world. It could also identify insecurity and low self-esteem; lack of understanding personal responsibility; blaming oneself or others; and sensitivity to perceived criticism.

BLUE

Blue represents a balanced existence, sustaining life, and transmitting energy. It relates to verbal communication, free-thinking, the truth, structure and organization, emphasis on business, male energies, and possibilities. Those with blue in their auras are born survivors. They are calm, collected, caring, loving, sensitive, intuitive; and they love to help others. Blue is the symbol of contemplation and prayer.



PALE BLUE

It may indicate a struggle towards maturity. The person might have many headaches and headaches, but he keeps trying and going in the right direction.

SOFT BLUE

It reflects peacefulness, clarity and communication. It suggests a truthful and intuitive person.

AQUA

Aqua signifies a person who has talent, works hard, and gets a lot done.

ROYAL BLUE

It represents clairvoyant abilities. It indicates highly spiritual nature. It can suggest generosity, being on the right path; and that new opportunities are coming.

TURQUOISE

It often characterizes healers. Turquoise implies a sensitive and compassionate personality.

DEEP BLUE

Deep blue reflect a spiritual-minded, unusual person, who has found his work and is immersed in it. He's also apt to be moody, usually dedicated to an unselfish cause, and has a mission that he steadfastly goes about fulfilling.

MUDDY BLUE

It indicates fear; fear of the future; fear of self-expression; fear of facing or speaking the truth.

INDIGO

Indigo in the aura reveals an intuitive and sensitive person with deep feelings. It also signifies a seeker: always searching for a cause, an answer, a religious experience. Indigo relates to both physical and spiritual perception

VIOLET

Violet usually indicates evenness of mind and searching for a cause or religious experience. The person with violet in his aura tends to be overbearing. Violet also represents wisdom, authoritative nature, female energies, matriarchal qualities, sense of superiority, control, imagination, and intuition. Violet points to a very spiritual person.

LAVENDER

It indicates imagination and the connection with the Etheric Plane. It characterizes a visionary, a daydreamer.

GOLD

When seen in the aura, gold indicates high spiritual vibration, wisdom, integrity, respect, freedom, clear seeing, and the assimilation of spirit and body. It can also denote an enlightened spiritual master. It represents that something wonderful is taking place in the person's life.

SILVER

This is the color of abundance, both spiritual and physical. Lots of bright silver can reflect to the awakening of the cosmic mind. Bright metallic silver indicates that the person is receptive to new ideas; he is intuitive and nurturing.

WHITE

White represents a pure spirit and perfect balance. It indicates a pure state of light. It often represents a new, not yet designated energy in the aura. It also suggests spiritual, etheric and non-physical qualities, transcendence, and a connection to higher dimensions. It symbolizes purity, truth, and angelic qualities. White signifies very high spiritual vibration, and divine inspiration. It implies that the person is seeing the spiritual 'big picture'. It could also indicate that angels or guides are nearby.

PINK

Pink in the aura reflects a loving, tender, sensitive, sensual, artistic, affectionate personality. It indicates self-love, kindness, tenderness, female energies, and the emphasis on physical appearances. It symbolizes purity, innocence, and compassion. It could also point to a new or revived romantic relationship. It may signify a balance between spiritual awareness and the material existence. It can refer to having the gift of clairaudience. Dark and Murky Pink may indicate an immature or dishonest nature.

BROWN

It relates to down-to-earth, practical, male energies. Brown in the aura could be a sign of invalidating, emphasizing body and denying spirit, feeling worthless and insecure, and holding on to certain not-so-beneficial energies.

GRAY

Gray in the aura shows that residue of fear is accumulating in the body, with a potential for health problems -- especially if gray clusters are seen in specific areas of the body. Gray indicates blocked energies. It also characterizes negative, dark, depressive thoughts and emotions.

BLACK

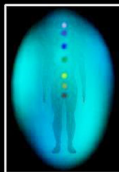
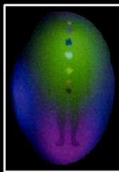
Black in the aura implies hatred, anger, revenge, and malice. It represents issues relating to death, unresolved karma, and dark intentions. It usually indicates lack of compassion and long-term inability to forgive (oneself or another person). Black in the aura draws energy to it and in so doing, it distorts that energy. It captures light and consumes it.

DISCLAIMER:

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

SOURCE:

Auras by Edgar Cayce; *Soul Psychology* by Joshua David Stone, Ph.D
www.reiki-for-holistic-health.com/auracolormeans
www.thiaouba.com/see_aura_color



ORANGE

Orange represents emotions. As a dominant color in the aura, it generally indicates an outgoing, happy nature.

INDICATIONS: vitality, stamina, good health, excitement, creativity, sensuality, physical pleasure, and an uplifting, inspiring, and outgoing personality

TEMPORARY CLOUDS, FLAMES OR SPARKS:

They may suggest thoughts about exercising power and the desire to control people.

BODY PARTS/ORGANS: It may indicate kidney trouble

AFFLICTION: Laziness, repression

MUSICAL NOTE: Re

CELESTIAL BODY: Sun

RAY OF LIGHT: the fifth-ray of concrete knowledge and science

RED

Red relates to the physical body and typically indicates a creative, active personality.

INDICATIONS: energy, strength, courage, passion, force, anger, anxiety, survival, determination

TEMPORARY CLOUDS, FLAMES OR SPARKS:

They may represent materialistic thoughts and thoughts about the physical body.

BODY PARTS/ORGANS: the physical body, heart or circulation.

AFFLICTION: Nervous troubles, egotism

MUSICAL NOTE: Doh

CELESTIAL BODY: Mars

RAY OF LIGHT: the first-ray quality of divine will and purpose

AURA COLOR

YELLOW

Yellow relates to life force energy. It typically indicates an intelligent, generous, friendly, and playful person who is full of joy and optimism.

INDICATIONS: joy, wisdom, clarity, direction, intelligence, organization, affection, confidence

TEMPORARY CLOUDS, FLAME OR SPARKS:

They indicate a moment of joy and contentment.

BODY PARTS/ORGANS: the spleen

AFFLICTION: weakness of will

MUSICAL NOTE: Mi

CELESTIAL BODY: Mercury

RAY OF LIGHT: the third-ray energy of active intelligence

GREEN

Green represents healing and peace. It suggests natural healing abilities and a calm, peaceful personality.

INDICATIONS: healing, hope, peace, balance, calmness, compassion, and love of nature

TEMPORARY CLOUDS, FLAMES OR SPARKS:

They indicate a restful state and healing.

BODY PARTS/ORGANS: heart and lungs

AFFLICTION: jealousy, fear, and envy

MUSICAL NOTE: Fah

CELESTIAL BODY: Saturn

RAY OF LIGHT: the fourth ray of harmony

PURPLE / VIOLET

The color purple or violet in the aura characterizes a very spiritual person. It typically indicates that this person is intuitive, visionary, idealistic, mystical, and artistic.

INDICATIONS: inner peace, transformation, spirituality, awareness, mental peace, intuition, and wisdom

TEMPORARY CLOUDS, FLAMES OR SPARKS:

Violet usually is not a strong point in the aura - it appears only as temporary clouds and flames, indicating truly spiritual thoughts.

BODY PARTS/ORGANS: pineal gland and nervous system

AFFLICTION: spiritual attachment, arrogance

MUSICAL NOTE: Te

CELESTIAL BODY: Moon

RAY OF LIGHT: the seventh ray of transmutation

INDIGO

Indigo in the aura reveals an intuitive and sensitive person with deep feelings – someone who is always searching for a cause, an answer, or a religious experience.

INDICATIONS: calmness, perception, intuition, psychic abilities

TEMPORARY CLOUDS, FLAMES OR SPARKS:

Indigo clouds or flames represent intuitions and divine thoughts.

BODY PARTS/ORGANS: pituitary gland

AFFLICTION: obsessions, difficulty concentrating, detachment from reality

MUSICAL NOTE: Lah

CELESTIAL BODY: Venus

RAY OF LIGHT: the sixth ray of devotion, idealism, and religious fervor

MEANINGS

BLUE

Those with blue in their auras are born survivors. Blue indicates a calm, collected, caring, loving, sensitive, and intuitive person.

INDICATIONS: calmness, guidance, patience, intuition, tranquility, transition, and peace

TEMPORARY CLOUDS, FLAMES OR SPARKS:

They suggest thoughts about achieving a balance of the mind, or a thought about surviving.

BODY PARTS/ORGANS: the throat, thyroid

AFFLICTION: struggle, melancholy

MUSICAL NOTE: Sol

CELESTIAL BODY: Jupiter

RAY OF LIGHT: the second-ray energies of love, attraction, wisdom, and radiance

SELENITE TRANSFORMATIONS

CONTENT IDEA BY SHAMAMA

NOTE *from the Editor*

We shared the story of "Building a Selenite Network" in the September 2015 issue of White Lotus Magazine. The response from our readers was heart-warming, and the article seemed to have motivated others to share their stories of Selenite with us. I was inspired to publish some of these stories and call them "Selenite Transformations".

THIS IS ONE OF THE STORIES...

"Recently, a lovely woman gave me a Selenite necklace from around her neck – simply because I commented on how pretty it was. When I went home, I gave it to my son, as I thought he could benefit from its properties.

I also wanted to get one for myself. I searched around town and I couldn't find a pendant that felt right, but later I found one online and ordered it. Then I saw the woman who gave me the Selenite necklace another time, thanked her again for the necklace and explained that I had given it to my son. She said, 'You need it, too.' For the second time, she gave me the Selenite necklace that she herself was wearing, before I had a chance to tell her that I had ordered one for myself. A short while later that same day, a good friend commented on the necklace I was wearing, so I 'knew he needed it' and put it on him. (Apparently, I have become part of a Selenite Network, kind of a Pay It Forward Movement that's taking place in Naples. I believe this may be her mission because almost everyone who works at Food & Thought is wearing these Selenite necklaces. I think they are mostly from generous her.)

Later on, a precious friend who I had asked where to find a Selenite slab for cleansing crystals, brought me one that seemed to be glowing from within, and gave me the third Selenite necklace I had received that month! Third time is a charm, so I kept this one!

Both of these lovely ladies recommended White Lotus Studio for Selenite. I found it to be an awesome place with an amazing energy and a lovely owner. It is worth checking out if you enjoy crystals and jewelry. There I purchased some more Selenite necklaces I was inspired to share with loved ones.

I could feel 'a pay-it-forward energy' from the necklaces that were given to me. It was as if they were telling me that their purpose was to be shared with someone else. Perhaps that's how they were programmed.

After reading the article on the Selenite Network in the September issue of White Lotus Magazine, I understood the connections with all these special people and the Selenite in my life – the Universal Love and Light connects us all."

If you have a Selenite Story you'd like to share with our readers, please send it to: WhiteLotusMagazine@gmail.com.

SELENITE is a calming and soothing crystal. It instills a deep sense of inner peace. Selenite is said to be a "bringer of light", the "stone of mental clarity", enhancing awareness and strengthening the ability to make good decisions. It can be used to meditate on one's life purpose, and as a tool in accessing past and future lives. Selenite heightens spiritual insight and creativity. It helps to open the crown and higher chakras, which can result in deepening spiritual connections from guides, angels, the Creator and your own Higher Self. It creates a clear channel to the soul and to the highest levels of self.

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

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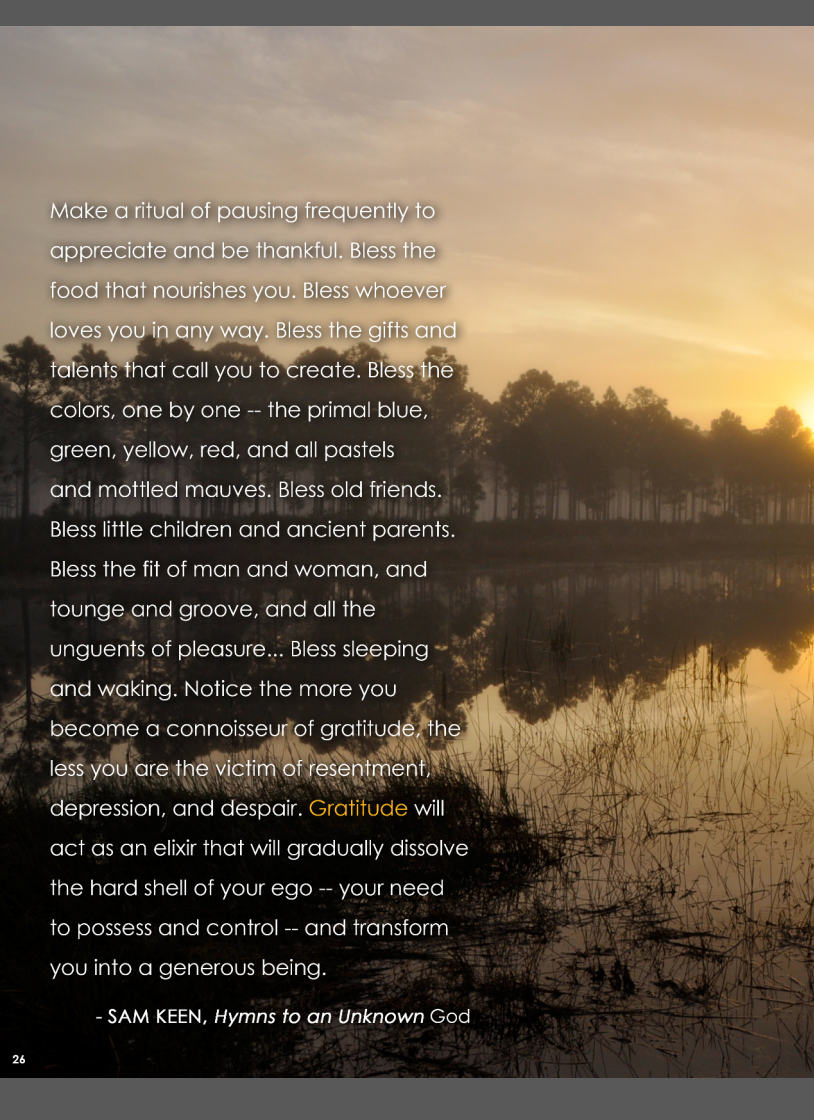
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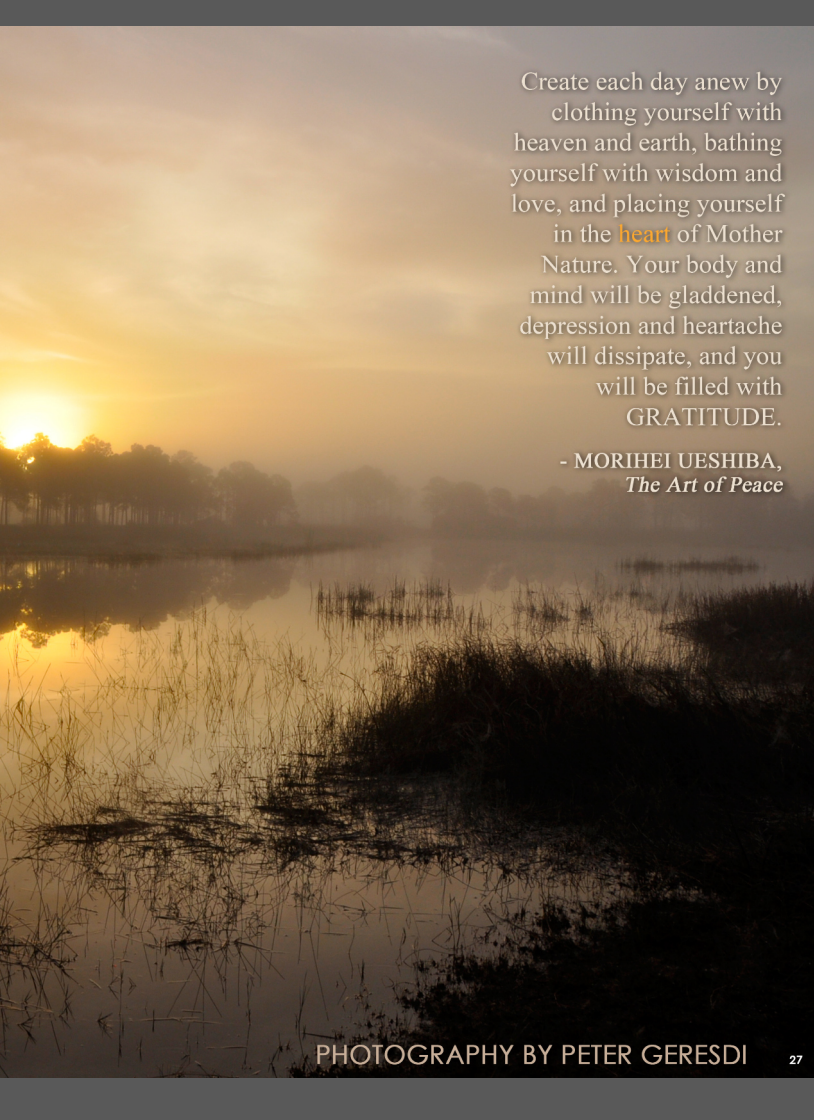
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A serene sunset over a body of water with trees in the background. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The trees are silhouetted against the bright light, and the water is calm, creating a peaceful and contemplative atmosphere.

Make a ritual of pausing frequently to appreciate and be thankful. Bless the food that nourishes you. Bless whoever loves you in any way. Bless the gifts and talents that call you to create. Bless the colors, one by one -- the primal blue, green, yellow, red, and all pastels and mottled mauves. Bless old friends. Bless little children and ancient parents. Bless the fit of man and woman, and tounge and groove, and all the unguents of pleasure... Bless sleeping and waking. Notice the more you become a connoisseur of gratitude, the less you are the victim of resentment, depression, and despair. **Gratitude** will act as an elixir that will gradually dissolve the hard shell of your ego -- your need to possess and control -- and transform you into a generous being.

- SAM KEEN, *Hymns to an Unknown God*



Create each day anew by
clothing yourself with
heaven and earth, bathing
yourself with wisdom and
love, and placing yourself
in the **heart** of Mother
Nature. Your body and
mind will be gladdened,
depression and heartache
will dissipate, and you
will be filled with
GRATITUDE.

- MORIHEI UESHIBA,
The Art of Peace

Alchemy Crystal Bowls™

at the White Lotus Studio



IN THIS AGE OF AWAKENING,
as our fundamental understanding of frequencies expands,
we realize that the universe and everything in it resonates with specific vibrations and tones. As we are embracing our innate abilities to tune into the frequencies, we recognize not only the purity and clarity of energy contained in a given frequency, but also how it affects us mentally, emotionally, and spiritually. The crystal singing bowls are wonderful tools to assist with this process.

The entire human body, down to our very DNA is crystalline in structure, causing it to respond to the extraordinary frequencies associated with quartz crystal. The specific harmonic energy that emanates from the crystal singing bowls is determined not only by the bowl size and shape, but the combining of pure quartz with other elements including precious metals, gems, and minerals. The resulting "alchemy" tones are nothing short of incredible! The Alchemy Crystal Bowls are indeed powerful tools for transformation and healing.

Join Connie Myers at the White Lotus Studio for an

ALCHEMY CRYSTAL BOWL MEDITATION

Let the healing sound of the crystal bowls touch your soul -- melting your stress away, providing deep relaxation and further expanding your consciousness...

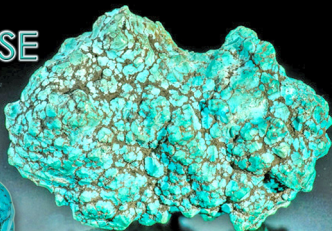
Wednesday, November 11th 6pm - 7pm

Friday, November 20th 6pm - 7pm

Please bring a yoga mat. Love offerings are welcome. RSVP by calling or texting Connie Myers at (239) 404-8892.
White Lotus Studio - 5555 Taylor Rd. Unit C. Naples

Crystal Therapy: TURQUOISE

Turquoise is an aluminum phosphate mineral. The color of the stone ranges from sky blue to various shades of bluish greens. The color depends on the minerals found in the area where it grew. More copper in the mix produces a bluer stone; more iron in the mix produces a greener stone.



Photos from Google Images



ELEMENT	Storm
CHAKRA	Throat and Heart
SIGN	Sagittarius
MINED	USA, China, Iran, Saudi Arabia, Tibet
ATTRIBUTES	Communication, Spiritual Growth

In many ancient cultures, Turquoise was a symbol of wealth and prosperity. This gemstone has been esteemed for thousands of years as a sacred stone, a bringer of good fortune -- "a gift from the gods". Today, Turquoise still is a popular gemstone, most commonly associated with protection from harm and connections to the spiritual world.

BENEFITS

- It is a symbol of friendship and good fortune
- It provides solace for the spirit and the body
- It brings peace and protection to the home
- It draws out negativity from the body and mind
- It enhances intuition and psychic abilities
- It aids analytical thinking and creative energy
- It encourages communication with the spiritual realm
- It brings great truth and wisdom
- It protects against electromagnetic smog*

POSITION

Worn as a talisman or a protection amulet, Turquoise is said to protect and bless the wearer. Those suffering from depression can sleep with a small piece of Turquoise under the pillow to help lift the depression faster.

MEDITATION

Placed on the Third Eye Chakra during meditation, it's said to open this chakra and enhance 'clear sight' and intuition. Placed on the Throat Chakra, Turquoise can quickly activate this chakra, and stimulate communication with the Higher Self and Spirit Guides.

ELIXIR

A Gem Elixir made with Turquoise can be used to strengthen the body and your immune system so that you can fight off viruses and infections, soak a sprained or pulled muscle, and help damaged or cut tissues to heal. In order to transfer its properties into the water, add a few rocks to a glass container of water and allow it to sit outdoors overnight where the moon can shine upon it, and then the sun can shine upon it during the day. That evening, pour the elixir into a tub of warm water, step in, sit down and allow the healing energies of Turquoise to work upon your body. For headaches, soak a cloth in the elixir and place on your forehead until the pain goes away.

TURQUOISE is a strong protection and purification stone; it dispels negative energies and clears electromagnetic smog*. It purifies, it balances, and it instills inner calm. Turquoise promotes forgiveness, self-realization, and self-acceptance. It's believed that Turquoise unites the Earth and the Sky -- bringing together male and female energies. It holds the wisdom of compassion and forgiveness. Turquoise can help us attune our physical selves to the highest realms. It also helps us to better understand ourselves and to bring our ideas and emotions under control. It activates and balances the Throat and Heart chakras. Turquoise could help us articulate and bring forth our deepest desire and wisdom. The presence of his stone can help increase serenity, balance energies, and allow those within its sphere of influence to have honest communications.

CRYSTAL HEALING

It's said that turquoise is a most efficient healer, especially beneficial for alleviating depression, exhaustion, and panic attacks. This stone is also believed to help detoxify the body, strengthen the immune system, and alleviate pain. It could be beneficial for the eyes, gout, rheumatism, and the stomach.

NOTE: Turquoise is a very soft mineral. Therefore, it is often 'stabilized' before its use in jewelry making. During this process, Turquoise is crushed to powder and then mixed with resin, to make a stronger and more robust colored stone.

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

SOURCE:

The Book of Stones by Robert Simmons & Naisha Ahsian
The Crystal Bible by Judy Hall
www.bourncreative.com/meaning-of-the-color-turquoise
www.gemstone-dictionary.com/turquoise.php

Essential Oil of the Month: *Chamomile* (*Anthem. Nobilis*)

by Bethanny Gonzalez, Certified Aromatherapist

Chamomile essential oil is extracted from the flowers of the Roman Chamomile plant. It has been used for centuries to promote deep sleep and relaxation. This calming and uplifting essential oil has many emotional and physical health benefits. As a home remedy, it is traditionally used to help digestion, calm the nerves, fight infections, improve circulation, and so much more.

AROMA: Fruity, strong, herbaceous, dry and sweet scent

PROPERTIES: Soothing, anti-inflammatory, anti-allergenic, anti-spasmodic, antidepressant, antiseptic, antibiotic, disinfectant

ELEMENT: Air

CHAKRA: Heart & Throat

SPIRITUAL ASPECTS: Love, Longevity, Happiness, Inner Peace, Spiritual Awareness



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BENEFITS for Massage & Skin Care

- Reduces inflammation when used in a compress
- Excellent for sunburns when combined with lavender and aloe
- Improves skin elasticity and soothes dry, itchy skin
- Helps to clear acne, athlete's foot, dandruff, and eczema
- Diminishes scars and dark spots on the skin
- Can be used to treat cuts and ulcers in a diluted wash

HEALTH BENEFITS

- Helps reduce pain in muscles and joints, headaches, and toothaches
- Stimulates circulation and helps detoxify the blood from toxins
- Fights infections and can be used to cleanse wounds
- Aids the digestive and urinary systems
- Beneficial for jaundice and liver problems

EMOTIONAL USES

- Helpful for insomnia and irritability
- Balancing to central nervous system
- Relieves anger and exhaustion
- Uplifts the spirit and eliminates depression
- Aids the treatment of rheumatism and arthritis

METAPHYSICAL USES

- Brings inner peace and joyfulness
- Can help clear away past emotional debris
- Harmonizing, and soothing to the spirit
- Allows us to connect with the spiritual realms for comfort and unity

TIP: Use in an essential oil diffuser throughout the home for cleansing and purification. Add 10 to 15 drops to your bath to attract love.

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

RECIPE

for Sleep Blend

- 3 drops Chamomile Essential Oil
- 4 drops Lavender Essential Oil
- 3 drops Clary Sage Essential Oil
- 3 drops Sweet Orange Essential Oil

Drip essential oils on a cotton ball, and then place it in your pillowcase to ensure a good night's sleep.

Chamomile Essential Oil is safe for babies, children, and pets in proper dose.

With Love and Light,

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Gaia's Healing Gifts

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

Working with a Healer to Remove Energetic "Baggage"

by Beth Brown-Rinella

As a healer, I often meet people and think, "Wow, they could use healing!" Now I don't mean this in a judgmental, critical way -- no, I truly see that their lives could feel easier to them if they weren't hampered by the heavy energies they are dragging around.

When I speak of people carrying heavy energies, it is because I feel they are laden by certain energies that they may have acquired in past lives. I believe we all come into this life with energetic 'junk' from other lifetimes. More specifically, I reckon we have karmic issues, that are part of our work or schooling, that we first have to understand and then eradicate in order to accomplish our greater purpose on earth.

In addition, we often carry energies that are here to help and protect us, but they can sometimes create difficulties that we might not understand. For example, if you are deathly afraid of going into the ocean, and would love to scuba dive, but the fear is too great, the chances are you probably died in a past life by drowning in the ocean. Each of your cells holds a memory of every moment of each life -- so that drowning is being remembered as a cause of death, now a phobia, and therefore, keeping you from drowning in this life.

We all have energetic baggage we acquired in previous lives. As we are doing our spiritual practices, meditation, reading, yoga, exercise, chanting, and singing, we may be able to clear and set some of these energies away from us. We can do a lot of good work healing ourselves, but there are certain energies that may elude even the most vigilant spiritual warrior's efforts to become whole. That's when the assistance of an experienced healer could become essential.

As a healer, I have found that most of these energies can be removed through a series of healing sessions. I suggest a series, because there is only so much that can be accomplished in one session and have the client feeling good, not overwhelmed. Some layers of energies run deep. Healing is similar to peeling away the onion-like layers of energies that distort, shift, block, darken, damage, or distract you from your path. This is often why healers utilize several healing techniques and modalities to reach each of these layers. One method may clear the path, another may bring balance, and yet another may bring in missing pieces.

True healing is the willingness to treat yourself better than the past ever did.

- MATT KAHN

HEALING DOES NOT MEAN THE DAMAGE NEVER EXISTED. IT MEANS THE DAMAGE NO LONGER CONTROLS OUR LIVES.

- Akshay Dubey

Clients often misunderstand the process of healing. They think that getting a healing session is a cure-all solution for everything that is not working for them, physically or emotionally.

Understand that you weren't built in a day, and neither will you be healed in one session. If you accept it as true that you have been in many lifetimes and it took many of them to get you to this place, in this time, with energies carried from all of these past lives influencing your present moment, it stands to reason that it will take more than one healing session and new understandings to bring about significant changes.

The goal is to find an experienced healer who can recognize and help navigate the complexity of your current state and circumstances. Trust and follow the directions of your healer. For example, if he or she suggests that you should work on separating yourself from a situation or a person who keeps activating the "I'm not worthy" belief in yourself, then pay attention, because there is a reason for it. You might be dealing with a karmic issue that you may not be aware of.

Listen to what is going on energetically with you and make a plan with your healer that works for you. Set a goal for yourself to be on a healing path and include healthy activities to further your progress. Do not believe that you have to surrender your healing solely to another. This is YOUR life! Be empowered by the choices you make to be balanced, have clarity, and bring healing into your body, mind, and soul.

Namaste!

DISCLAIMER:




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

Beth is a Healer and Soul Coach, and she also is the owner of Goddess I AM

Healing & Art Center in Naples, FL

(See ad on page 40) She is available for appointments by calling 239-228-6949. Long distance and in-person readings are available.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  DAYLIGHT SAVINGS TIME ENDS	2	3	4	5 Taurids Meteor Shower	6 Taurids Meteor Shower	7
8	9	10	11  NEW MOON VETERAN'S DAY	12	13	14
15	16	17 Leonids Meteor Shower	18 Leonids Meteor Shower	19	20	21
22	23	24	25  FULL MOON	26 THANKSGIVING DAY	27	28
29	30	SOURCE: www.wincalendar.com www.seasky.org/astrology/astrology-calendar-2015.html				



November 1
DAYLIGHT SAVING TIME ENDS

When local daylight time is about to arrive at Sunday, November 1, 2015, 2:00:00 AM clocks are turned backward one hour to Sunday, November 1, 2015, 1:00:00 AM local standard time instead.

Sunrise and sunset will be about one hour earlier on Nov 1, 2015 than the day before. There will be more light in the morning.

Also called Fall Back and Winter Time.

SOURCE:
www.timeanddate.com
www.mindbodygreen.com
www.manspurpose.com



November 11
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 17:47 UTC. This is the best time of the month to observe 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 omit 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.



November 25
FULL MOON

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. 22:44 UTC. This full moon was known by early Native American tribes as the Full Beaver Moon because this was the time of year to set the beaver traps before the swamps and rivers froze. It has also been called the Frosty Moon or the Hunter's 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.



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If you'd like to become a member of the White Lotus team and have experience in advertising sales, give us a call. We are looking for a kind, passionate, and motivated individual who is familiar with our mission and the content of the magazine to join our efforts in spreading the word of conscious living. Contact us at (239) 687-0667 or at WhiteLotusMagazine@gmail.com.

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

NOVEMBER Local News & Events

NOV 3 TUESDAY
6PM - 7PM

HEALING THE PAST Guided Visualization w/Kathy Hall - at Goddess I AM. Come and experience the energies you still hold on to and with Kathy's help, let them go. **\$20.** 600 Goodlette Rd. N. Naples. 239-228-6949.

NOV 5, 12, 19 THURSDAY
6:30PM - 8PM

TAROT CARD READING CLASS with Bethanny Gonzalez - at Goddess I AM. Learn the basics and more in this informative class. You will learn the symbols, layouts and the energies of the cards. Bethanny has been a professional tarot reader and teacher for many years. Maximum of 6 people. **\$30** per class or **\$70** if paid in advance for all three. 600 Goodlette Rd. N. Naples. 239-228-6949.

NOV 7 SATURDAY
11:30AM - 12PM

CHILDREN'S MEDITATION CIRCLE with Bethanny Gonzalez - at Goddess I AM. A simple and short meditation for kids 5-11 years old, including discussion with animal messages. 600 Goodlette Rd. N. Naples. 239-228-6949.

NOV 10 TUESDAY
7PM - 9:30PM

THOUGHTMAIL with Cary Bayer - at Goddess I AM. Thoughtmail embraces five essential inner communication techniques. It enables you to transform your mind, purify your heart, awaken your Spirit, and create the life you'd love to live. **\$25** if paid before the 7th, **\$35** at the door. 600 Goodlette Rd. N. Naples. 239-228-6949.

NOV 11 WEDNESDAY
6PM - 7PM

ALCHEMY CRYSTAL BOWL MEDITATION - at the White Lotus Studio. Let the healing sound of the crystal bowls touch your soul and melt your stress away, providing deep relaxation and further expanding your consciousness. Please bring a yoga mat and pillow. Love offerings are welcome. RSVP by calling Connie Myers at (239) 404-8892. 5555 Taylor Rd. Unit C.

NOV 13 FRIDAY
5AM - 8PM

EVENING PSYCHIC FAIRE - at Goddess I AM. Come for Mini-Readings with our experienced readers. We offer Psychic, Angelic, Past Life, Tarot, Spirit Animal, Reiki, Pet Communication, Cord Cutting, DNA Activation and now Mediumship readings as well. 600 Goodlette Rd. N. Naples. 239-228-6949

NOV 14 SATURDAY

SHAMANIC REIKI 2 - at Goddess I AM. Join Reiki Master Bethanny Gonzalez as she continues the Usui traditional healing method. **\$125.** 600 Goodlette Rd. N. Naples. 239-228-6949.

NOV 20 FRIDAY
6PM - 7PM

ALCHEMY CRYSTAL BOWL MEDITATION - at the White Lotus Studio. 5555 Taylor Rd. Unit C. RSVP (239) 404-8892.

NOV 21 SATURDAY
11AM - 4PM

PSYCHIC FAIRE - at Goddess I AM Healing & Art Center. Come for Mini-Readings with our experienced readers. We offer Psychic, Angelic, Past Life, Tarot, Spirit Animal, Reiki, Pet Communication, and now Mediumship readings as well. **CASH ONLY.** 600 Goodlette Rd. N., Naples. 239-228-6949

NOV 27 FRIDAY
6PM - 9PM

RED TENT GATHERING - at Goddess I AM. Bring a dish to this polluck gathering. We will do different activities each month to connect to our deeper selves, each other, and the planet. **\$20.** 600 Goodlette Rd. N. Naples. 239-228-6949.

Ongoing Events

EVERY TUESDAY
10AM

YIN YOGA w/Isabel Backus - at Goddess I AM. New offering! Join us for gentle yoga with poses designed to strengthen the tendons, ligaments and fascia. Isabel will play the crystal bowl to release blockages while you hold the poses. **\$10.** 600 Goodlette Rd. N. Naples. 239-228-6949.

EVERY WEDNESDAY
6PM - 6:30PM

MEDITATION w/Bethanny Gonzalez - at Goddess I AM Healing & Art Center. These soothing and powerful Guided Meditations are open to beginners and advanced practitioners alike. Bethanny incorporates her essential oils, oracle cards and crystals as she guides you on a journey to help you relax, release and heal from within. **\$5** love donation. 600 Goodlette Rd. N. Naples. 239-228-6949.

EVERY FRIDAY
10AM - 10:30AM

MEDITATION w/Beth - at Goddess I AM. This is a powerful and profound guided meditation where we journey to vast and varied healing spaces, inner sanctuaries, and connections with Higher Beings. **\$5** love donation, no reservation needed. 600 Goodlette Rd. N. Naples. 239-228-6949.

EVERY SATURDAY
9AM - 2PM

PINE RIDGE ROAD FARMERS MARKET (WEST) - at the CrossRoads Community Church. (next to the Loving Hut) Join us for a wide variety of fresh, locally-grown fruits and vegetables. 1055 Pine Ridge Rd. Naples. 239-200-4401.

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9AM - 2PM

PINE RIDGE ROAD FARMERS MARKET (EAST) - at the Marquee Plaza (corner of Pine Ridge & Livingston Rd). Offering a wide variety of fresh, locally-grown fruits and vegetables, organic & gourmet foods, plants, pickles, kettle corn, books, jewelry, candles, soaps, and many handmade & fair trade products. 3370 Pine Ridge Rd. Naples. 239-200-4401.

*"It is only with the heart that one can see rightly;
what is essential is invisible to the eye."* - Antoine de Saint-Exupery

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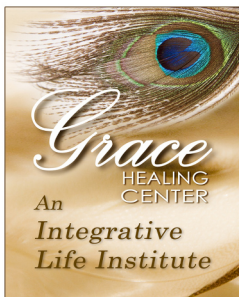
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HEALTH BENEFITS OF LINDEN TEA

SOURCE: www.lindentea.net



CONTENT IDEA BY ZSUZSA SZABO

Linden tea is an excellent herbal tea filled with an array of many different antioxidants, nutrients, and vitamins that can be very beneficial to our daily health. Its traditional uses include helping treat colds or coughs, relieving nervous tension, and aiding digestive problems.

CALMING EFFECTS

The most well-known benefit of linden tea is easing nervous tension and promoting relaxation. Its ability to help calm and soothe the nerves makes it a fantastic tea for those who are suffering from anxiety. Drinking linden tea may help relieve headaches. The sedative qualities of this tea make it an excellent sleep aid as well. One hot cup of this tea before bed can relax your nervous system and help you get a good night's rest.

DIGESTIVE AID

Linden tea has been traditionally used for digestive related disorders, such as irritable bowel syndrome. Drinking one cup of this tea can soothe an aching stomach due to feelings of bloating, gas, diarrhea, and cramps.

RESPIRATORY HEALTH

Linden tea can also assist in treating various respiratory ailments. The constituents of this tea can help fight off bacteria and other harmful microorganisms that could cause illnesses and infections of the respiratory system. Mild respiratory problems such as congestion can also be alleviated by drinking a cup of linden tea. This tea is commonly used to quell symptoms related to bronchitis, asthma, and any irritation of the throat.



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

SOURCE:
www.lindentea.net/Linden-Tea-Benefits

TIPS for Pet Owners



Just like us, our animal friends are most probably welcoming a break from the summer, too. But the cooler weather may also bring some dangers for our pets. Here are some tips to keep our animal companions happy and healthy during the cooler months.

PET TIP #1: Always check for ticks.

The crisp and clear fall weather encourages so many of us to go hiking, camping, and do other outdoor activities. Besides the fun, being in nature also means the risk of ticks. Protect your pet by taking the time to do a thorough tick inspection every time you come back from the outdoors. **NOTE:** Hiking trails are favorite stalking grounds for common dog tick species.

SOURCE: www.mypet.com

PET TIP #2: Watch out for snakes.

Snakes that are preparing for hibernation may be particularly 'grumpy' around the fall months, increasing the possibility of severe bites to those unlucky pets who find themselves in the wrong place at the wrong time. Be aware of the type of venomous snakes that may be in your environment and where they are most likely to be found - so you can keep your pet out of those areas.

SOURCE: www.aspca.org

PET TIP #3: Keep pets away from holiday treats!

Thanksgiving traditionally brings lots of delicious foods on the table -- for us! But some delicacies can be dangerous for our pets. Rich, high-fat foods such as gravy and turkey skin can cause stomach problems, diarrhea, and even more serious conditions like pancreatitis. Small food items (for examples turkey bones) can be choking hazards, and raw turkey may contain *salmonella* bacteria. **NOTE:** Always remember, chocolate, grapes, and raisins are toxic to dogs!

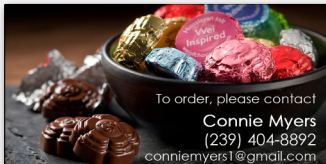
SOURCE: www.pethealthnetwork.com

PET TIP #4: Chiropractic care for pets

Monthly chiropractic adjustments can help boost your pet's immune system to restore and maintain good health.

FROM: Healing Hands (for the wellbeing of your pet)

Disclaimer: These tips are for informational purposes only.



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HELP US GROW THE TREE OF CONSCIOUS LIVING

Each supporter of White Lotus Magazine, whether an individual or business, will be recognized on the Tree of Conscious Living with a named leaf.



GREEN LEAF

The green leaves represent our advertisers, subscribers, contributing authors/photographers, and all of those who have one way or another supported White Lotus Magazine.

The Tree of CONSCIOUS LIVING



Our goal is to fill the Tree of Conscious Living with a multitude of leaves to recognize and honor the growing number of our readers and supporters. At the same time, with the help of our supporters' contributions we'd like to increase the number of copies in order to connect with more people. Our hope is to reach at least 4000 copies in circulation each month raising awareness and spreading the word of conscious living.

If you are inspired by White Lotus Magazine and would like to become our supporter, please visit www.whitelotusmagazine.com/contribute or scan this QR code with your smartphone.



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***Certain guidelines will apply. We ask you to keep in mind the content and the message of the magazine. Submission deadline is the 15th of each month. All contributed materials will have to be approved before acceptance and will be edited if we find it necessary.**



I'd like to thank our new contributors and also our loyal supporters for their kind efforts to help White Lotus Magazine grow!

- Anna Krecicki, Publishing Editor

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