

ANNIVERSARY ISSUE

White

SW Florida Edition

FREE

OCTOBER 2015

Lotus


magazine

*Selfless
Humble
Soul*

*Compassionate
Loving
Kindness*

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*



EACH DAY OF HUMAN LIFE
contains joy and anger, pain
and pleasure, darkness and
light, growth and decay.
Each moment is etched with
nature's grand design – do
not try to deny or oppose
the cosmic order of things.

- MORIHEI UESHIBA

PHOTOGRAPHY BY PETER GERESDI



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

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

WISDOM
FOR OCTOBER

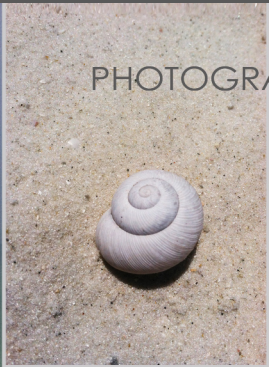
The Shaman's Whispers

*When you were born,
you cried and the world
rejoiced. Live your life
so that when you die,
the world cries and
you rejoice.*

OFFERINGS OF:

The
Shaman
Lady

PHOTOGRAPHY BY SONIA S. DICKSON



EACH AND EVERY MASTER, regardless of the era or place, heard the call and attained **harmony** with heaven and earth. There are many paths leading to the peak of Mount Fuji, but the goal is the same. There are many methods of reaching the top, and they all bring us to new heights. There is no need to battle with each other - we are all brothers and sisters who should walk the Path together, hand in hand. Keep to your Path, and nothing else will matter. When you lose your desire for things that do not matter, you will be free.

Sonia
Dickson

- MORIHEI UESHIBA, *The Art of Peace*

Climb up on a hill
at sunrise. Everybody
needs perspective once
in a while, and you'll find it there.

- ROBB SAGENDORPH

PHOTOGRAPHY BY PETER GERESDI





"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

is a free monthly publication serving the SW Florida area.

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

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NOTE *from the Editor*

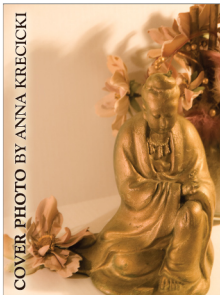
I can hardly believe it, but it has been a year since the first issue of White Lotus Magazine was born. During the past twelve months we created and published ten issues containing inspirations for conscious living. With each one of them I believe that this magazine has evolved -- and so have I. Regardless of the occasional challenges, it has been an amazing and gratifying journey for me. With this Anniversary issue nearly ready for printing, I can't help but look back and reflect on the past year with a sense of pride and contentment.

I truly hope that with each past issue we have accomplished our goal: to provide meaningful and inspirational content that sparks positive thinking and personal transformations. And I trust that every future issue of White Lotus Magazine will continue to inspire.

On our anniversary, I'd like to express my sincere gratitude to our readers and our advertisers for their continuous support this past year, and to all of those individuals who have been -one way or another- contributing to White Lotus Magazine. Whether dedicating their time, sharing their talents and insights, or offering monetary support, they all have been part of creating White Lotus Magazine. I'm especially grateful to the White Lotus Team for investing their time and energy to assist me with distribution, editing, and content ideas.

I'd like to thank one person in particular, whose tremendous help has been essential to creating the magazine: Carol Glassman, our assisting Copy Editor. Month after month she has donated her time and expertise to proof-reading countless pages and has worked diligently to help make the articles and features just right. Thank you, Carol!

Anna Krecicki



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SEPTEMBER



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ANIMAL SPIRIT GUIDE OF THE MONTH:

Rabbit



"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.

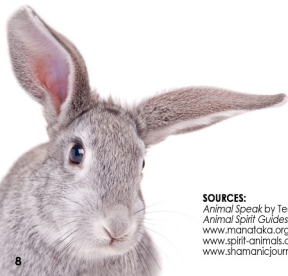
American Indians give special recognition to the power of the animal spirits. They call the process of connecting with animal guides and other parts of creation being 'One with Nature'. According to their teachings, you do not choose an animal spirit guide, the spirit guide chooses you. They decide whom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

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.

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



When we think of rabbits, the first thought that comes to mind typically is "cute, soft, and cuddly". But there is a whole lot we can learn from the *Rabbit Spirit Guide*.

Did you know?

There are over twenty species of rabbits in America and many more around the world. Rabbits have amazing perceptive abilities with radar-like hearing and near 360-degree vision. They are known to leap over nine feet high! Rabbits are vegetarians; they love to chew and their teeth never stop growing. A mother rabbit can have forty or more babies a year. Rabbits serve as a perfect example of nature's balance as nearly all predatory animals eat rabbits, but because they multiply so fast, their numbers are kept fairly constant. Rabbits live in groups and are highly social animals, displaying genuine feelings of happiness and affection, as well as aggression, jealousy, and hostility in their social environment - just like humans.

- **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 action is 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.

SOURCES:

Animal Speak by Ted Andrews
Animal Spirit Guides by Steven D. Farmer, Ph.D.
www.manataka.org/page236.html
www.spirit-animals.com/rabbit/
www.shamanicjourney.com/rabbit-power-animal-symbol-of-creativity-intuition-paradox-and-fear

Rabbits are commonly associated with fertility, abundance, longevity, and procreation. In Native American tradition, the rabbit is a well-respected spirit animal which represents humility, creativity, and intuition. Rabbits are historically tied to the celebration of Easter and in many cultures they symbolize the freshness of spring, rebirth, and the promise of new things to come.

Rabbits have excellent observational skills and quick reflexes to help them survive in a world surrounded by danger. They are fast, agile, and instinctive. They can disappear in a flash. These traits of the rabbit can teach us important skills related to observation and movement that will help us know which direction to go in an instant when facing a threat.

Rabbits are known to be shy, fearful creatures. We can learn from the rabbit that if we are always afraid of something, then we may draw the very experience we fear into our lives. Fear sends out a certain vibrational energy that may attract the very thing we are afraid of. Rabbit reminds us that we are the creators of our lives with our thoughts and emotions. It guides us to let go of fear and live by our own wits, quick thinking, paying attention to hidden teachings, and by strengthening intuition.

Rabbit as a spirit guide also reminds us to learn to move and live in harmony with our environment and the Creator. According to the Manataka Indian beliefs, the rabbit teaches us through its timidity to be gentle with ourselves and others at all times. It prompts us to connect with Mother Earth in deeper ways. When facing challenges, it encourages us to retreat within and collect ourselves. Rabbit reminds us to be creative; it teaches us to examine and utilize the tools we have within ourselves.



Photography by Anna Krecicki

When Rabbit hoppers into your life:

- It is time to examine your fears to determine if they are hindering your progress, either spiritually or physically: Are your fears holding you back from evolving? Are your fears preventing you from accepting a new challenge?
- You may be reminded that things are not always as they appear and to study patterns of movement in relation to time to distinguish reality from fantasy.
- You may be in danger and need to be alert and ready to move quickly.
- It might indicate that you need to re-evaluate a current situation, to be aware of your surroundings, to rid yourself of any negative feelings or barriers, and to be more humble.
- You may be encouraged to grasp a passing opportunity before it is gone.
- You are reminded that life is short, so take advantage of every waking moment to fulfill your destiny.
- You may also need to examine your diet and health. Perhaps a vegetarian diet, even if it's for a short time, could be beneficial for you.

If Rabbit is your Animal Guide:

- You are full of life and possess a deep connection with the sacred, eternal spirit of Mother Earth.
- You may be highly sensitive, extremely alert, and very cautious.
- You are a friendly, deeply compassionate, and creative person who prefers to avoid conflict.
- You are often unpredictable and spontaneous.
- You have fast reflexes and good coordination; you also are very observant, gentle and nurturing, as well as clever and quick-witted.

Ask for Rabbit's help when:

- You need help working out social differences or getting along with your family members, friends, or co-workers.
- You feel the need for becoming more grounded.
- You are seeking guidance with a new plan or assistance with carrying out plans already set in motion.

If Rabbit comes into your dreams:

To see a rabbit in your dream is believed to indicate luck, abundance, and success. In particular, a white rabbit in dreams is said to symbolize faithfulness in love. The white rabbit also could serve as a guide to steer you towards the right direction. To see a black rabbit in your dream may refer to fear of intimacy. If the rabbit is hopping in your dream, it indicates fertility; you could soon be surrounded by children. Alternatively, the dream may be analogous to your lack of commitment and how you jump from one thing to another. If you dream that the rabbit scratches or bites you, then it could mean that you may need to pay more attention to your personal relationship or love life.



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11 SIMPLE THINGS

you can do to clear your body, mind, and Soul

1. JUICE FAST

Juice fasting is believed to be the ultimate cleansing method by millions of health enthusiasts around the world. It's said to provide "a healthy amount of calories and nutrients specifically suited for weight loss and cleansing, all while resting the digestive system and allowing the body to heal naturally".* Depending on your reasons for a cleanse and your state of health (as well as tolerance), the juice fast could last anywhere from a few days to several weeks. The juice consumed during a juice fast should consist of freshly pressed and preferably organic fruits and vegetables. If you don't have a juicer or don't want to deal with the process (and the mess) of juicing, you can purchase organic, cold pressed juices locally at Food and Thought or from Juicelation (see ad on pages 10 and 50). Whether you choose the occasional 1-day cleanse or go for a week-long or even a 30-day juice fast, the health benefits seem to be indisputable for people of all sizes, ages, and levels of health.

2. LEMON WATER CLEANSE

One of the simplest ways to give your body a break from processed foods and stimulate the body's natural detoxification processes is the infamous lemon water cleanse, also referred to as the "Master Cleanse". Recipe: Mix 2 Tablespoons of freshly squeezed lemon juice, 2 tablespoons of maple syrup, 1/10 teaspoon of cayenne pepper powder, and 8 ounces purified water. If possible, use organic ingredients. It's recommended to drink between 6 and 12 glasses of lemon water each day during your cleanse. Some people prefer the 1-day lemon water cleanse once a week, while others believe it should last for a minimum of 10 days. In addition, there is a recommended 3-day "ease-in" period to prepare the body and a 3-day "ease-out" to follow the 10-day cleanse, and also other important steps to consider. See details at www.themastercleanse.org.

3. OTHER CLEANSING/DETOX PROGRAMS

There are endless detox products and cleansing protocols available online and in health food stores. Finding the one that works for you may be a challenge and will involve some research, as well as trial and error. One system comes highly recommended by numerous individuals who have tried many cleansing programs: the 10-Day Transformation Cleanse by Purium. It is an incredibly simple system, containing highly-alkalinizing, super-concentrated, organic and vegan superfoods that will help detoxify your body, reset your metabolism, clean your digestive tract, and break your addiction to processed foods. You can find it locally at the Salt Cave (see ad on page 46) or online at www.mypurium.com/saltcave.

4. EXERCISE & SAUNA

Try to exercise at least 30 minutes everyday. The health benefits of regular exercise and physical activity are evident, but we all need a little reminder and motivation every now and then. Any form of

physical exercise is known to release endorphins, making it a perfect stress fighter and mood booster. In addition, it can help remove toxins from your body, as it increases oxygen to the cells and stimulates better circulation. Whether you join the gym or a yoga group, whether you prefer to run on the beach or just to go for a brisk walk around the block, daily exercise is an excellent way to improve your mood, boost your energy, fight disease, and to keep your body fit and clean. The health benefits of infrared sauna are also tremendous. Some of these include detoxification, relaxation, weight loss, lowering blood pressure, pain relief, and blood purification. Studies have shown that during a 30-minute far infrared sauna session an average person will sweat out 20% toxins and 80% water, and burn up to 200-600 calories. Heating of muscles with far infrared heat produces an increased blood flow level similar to that seen during exercise.

5. DETOX FOODS & WATER

Incorporate certain foods into your daily diet that are well-known for their natural detoxifying properties, such as: garlic, kale, ginger, turmeric, wheatgrass, cayenne pepper, artichokes, asparagus, broccoli, beets, avocado, cabbage, green tea, seaweed, lemon, and grapefruit. Also, make sure to drink plenty of water. Water is essential for all of your organs, and for flushing toxins out of your body. If you are exercising and taking saunas to help release the toxins, it becomes even more important to stay hydrated. Add a hint of Himalayan salt or a drop of sole to each cup of water in order to replace vital minerals and trace elements that get flushed out of your body by perspiration during exercise. If you're not used to drinking water daily, be sure to increase your intake by only one cup at a time so you don't overload yourself. Your kidneys won't know what to do if they're not used to getting water and then get a ton of it. See more at www.bembu.com/detox-foods.

6. ENERGETIC CLEARING

In addition to cleansing your physical body, you should consider clearing your 'subtle energy bodies' as well. They form the layers of your energy field, also called the aura. Your aura contains information about you, your physical health, your experiences, thoughts, and emotions, your spiritual path, and your soul's true essence. Traumas brought on by people, events, and past hurts can leave negative energetic imprints on your aura that in return can affect your physical, mental, and emotional health. It's recommended to get an energy healing session or 'aura cleanse' on a regular basis to help clear your energy field of debris. You can have an aura cleanse done by a certified Energy Healer, a Shaman, or a Reiki Practitioner. You can also cleanse your aura yourself and get rid of the stagnant, negative energies around you by "smudging": that is by burning herbs like sage (most commonly used), sweetgrass, lavender, and tree resins such as frankincense and copal, or even by burning salt.

7. CHAKRA CLEANSE

A chakra cleanse can be done with the help of crystal layouts, chakra meditation (or the combination of the two), Color Silk Therapy, Colorpuncture, Visualization, or energetic stimulation done by an Energy Healer. The principle of a chakra cleanse is to activate, balance, and align the whole chakra system and to get rid of blockages. Each chakra corresponds with specific areas of the body and stores information about your state of physical, mental, emotional, and spiritual well-being. Chakras transmit and receive life-force energy often called *qi* (pronounced "chi"), *prana*, or universal energy. When this flow of energy is disrupted in any way -- for examples by stress, unhealthy diet, lack of exercise, exposure to toxins, etc., life force energy cannot flow in and out freely and the chakra system becomes blocked or out of alignment. Blockages and imbalances in the chakras can manifest as physical and emotional problems; therefore, it's crucial to keep them clear and balanced with frequent chakra cleansing. See a list of local Energy Healers on page 37.

8. CRYSTAL THERAPY

Many crystals are believed to have cleansing properties and are able to help clear mental and emotional blockages. Some of these purifying crystals are: Amethyst, Citrine, Amber, Peridot, Danburite, Smoky Quartz, Tourmaline, and Dioptase. Numerous minerals are also said to provide aid for physical detoxification, including Herkimer Diamond, Calcite, Jade, Opal, Charoite, Bloodstone, Flourite, Obsidian, Ruby, and Stillbite. Often, just by carrying a small piece in your pocket or as jewelry, you could benefit from the vibrational healing energies of the crystal. Meditating with crystals or building crystal grids are also common practices for utilizing their cleansing and detoxifying abilities.



Quan Yin is one of the most universally beloved of deities in the Buddhist tradition. She is the embodiment of compassionate loving kindness.

9. MEDITATION

To meditate is to become deeply aware of your eternal essence; it's about learning to clear and quiet your mind so that you can focus your awareness on the present moment. The practice of meditation can help you stay centered and calm regardless of your surroundings and circumstances. "It doesn't teach you to avoid pain or discomfort but to experience and accept it so you can move through any situation with profound clarity and a sense of inner peace and calm."** Meditation has been practiced for millennia for purifying the mind and the body. The physical and emotional benefits of this ancient practice are well-known: it balances the body's neurochemical system to reduce anxiety and depression; it slows your respiration for longer, deeper breaths; it boosts your immune system by slowing the production of the stress hormone cortisol; it also stimulates the nervous system that helps your body return to a calm, relaxed state, in which your body can naturally rejuvenate, repair, and rebuild itself.

Buddha was asked, "What have you gained from meditation?" He replied "Nothing! However, let me tell you what I have lost: anger, anxiety, depression, insecurity, fear of old age and death."

10. MINDFULNESS

Mindfulness is a practice, rather a life choice perhaps, which helps to keep your mind and body clean, centered, and calm. It is defined as becoming aware and accepting of your thoughts, feelings, and surroundings in the present moment, without judgment. When you practice mindfulness, your thoughts tune into what you're sensing in the present moment rather than rehashing the past or imagining the future. According to Jeffrey Brantley, M.D., and Wendy Millstine, NC, mindfulness is "... an awareness that is sensitive, open, kind, gentle and curious. Mindfulness is a basic human capacity. It arises from paying attention on purpose in a way that is nonjudging, friendly and does not try to add or subtract anything from whatever is happening."***

11. SOUL CLEANSING

A sure way to purify and uplift your Spirit is by letting go of anger, bitterness, hatred, and fear; and by filling your heart with love, joy, gratitude, compassion, and light. It might be easier said than done, but simply becoming aware, making a conscious effort, and making the very choice to cleanse your entire being and to get rid off your negative emotions can set you off on the right path.

DISCLAIMER:

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

SOURCES:

* *Master Cleanse and The Lemonade Diet* by Mike Olaski - www.themastercleanse.org

** *Meditation provides physical, mental, and emotional benefits*, An Excerpt from *YogaFit* by Beth Shaw - www.humankinetics.com

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

Cleansing the Body, Mind, and Spirit

by Leora Dappen

Interpretation of the words *detoxification*, *cleansing* and *fasting* has shifted distinctively over time. In years past these words, or practices rather, were reserved for the spiritual seeker and meditative Yogi.

Today, fasting and detoxifying have morphed to be more synonymous with dieting and weight loss than cleansing the triad of body, mind, and spirit, as a catalyst for soul searching and contemplative reflection.

People from all walks of life are now "cleansing". However, for most the motivation is trying to fit into their skinny jeans or kick-start their metabolism after the holidays, instead of opening their consciousness or getting clarity on their life's purpose.

I feel this modern version of fasting is leaving the mind and spirit out of a very important conversation; I believe that awareness needs to be brought back to the origins and purpose for this incredibly transformative practice so it doesn't get lost in translation.

"Entire religions have evolved from one of man's fasts, empires toppled, wars halted. For examples we need look no further than Jesus, Muhammad, Buddha and Gandhi."

~Annemarie Colbin

Every major religion uses some form of cleansing and fasting in ceremonial and spiritual rituals.

The health benefits of a detox cleanse are evident and well-documented. If you are only looking for the physical effects, you could try a detoxification program. It is tremendously helpful for removing toxins and jumpstarting a healthier lifestyle. Just remember that stress, negative emotions, and self-sabotaging habits are just as toxic to your body as physical toxins. Thoughts and emotions actually manifest in your physical body.

Meditation, prayer, mindfulness or other spiritual practices during your cleanse can amplify the effects, elevate your attitude, and spark permanent change. You then move into a state of continuous cleansing -- physically, mentally, and spiritually. You begin to make more conscious choices from the foods you eat to the people you choose to be around, to the music you enjoy.

If you are feeling stuck in life, seeking guidance and clarity on a specific decision or want to remove patterns of negative thoughts and emotions, consider doing a detoxifying cleanse. And when you are swirling up that morning drink, whatever program or product you are using, you can 'spiritualize' it by adding healthy scoops of gratitude, awareness, joy, compassion, and love.



Photos from Google Images

Disclaimer:

This article is proposed for informative 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 at 1065 5th Ave. N. in Naples, Fl. See ad on back cover.





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PHOTOGRAPHY BY PETER GERESDI & ANNA KRECICKI

Backcountry Driving and Off-Roading

- A Thrilling Way to Explore

by Anna Krecicki

CONTENT IDEA BY PETER GERESDI

The term 'off-roading' refers to the recreational activity of driving a vehicle on unpaved roads, forest tracks, or older roadways and other natural terrain that may have fallen into disuse. These routes are predominantly along unsurfaced tracks made of materials such as dirt, sand, gravel, riverbeds, mud, snow, and rocks. Driving on them can be an exciting and challenging feat, often pushing your and your vehicle's abilities.

Leaving the monotony of paved main roads can provide a brand new experience of fun, adventure, and exploration.

Backcountry driving offers ample opportunities for seeing a different side of the country, while enjoying the outdoors and observing wildlife. Backcountry roads and off-road tracks are mainly located off the beaten path with conditions that can sometimes become rough.

Traveling on off-road terrains requires four-wheel-drive vehicles capable of accommodating rugged conditions and fitted with extended ground clearance, off-road tires, and drive-train. Some manufacturers offer vehicles specifically meant for off-road use, but backcountry and off-road enthusiasts often make their own modifications and add extra equipment.

Regardless of which state you are in or planning to visit, taking backcountry and off-road routes instead of main roads will give you a chance to discover the land in a different way, see undisturbed natural habitats, visit historic sites, find lost mines or ghost towns even, and to enjoy endless spectacular scenery.

Not having to worry about the rush-hour traffic and road-work, you can always pull over and take photos, enjoy a picnic, or go for a hike. Remember to leave a note on your dashboard describing your hiking plan, in case a ranger drives by and finds your vehicle unattended.

Always check if the area you are planning on visiting allows off-roading. Many parks now offer designated backcountry roads for fans to explore the area safely and to prevent damages to the native vegetation, soil, and wild life.

It's always a smart idea to take a travel body with you. The general recommendation is to go in groups with two or more off-road-capable vehicles in remote areas. Especially in rainy season, it's common for dirt roads to get muddy or flooded and you may need another vehicle to pull you out if you get stuck.

Pre-Trip Planning

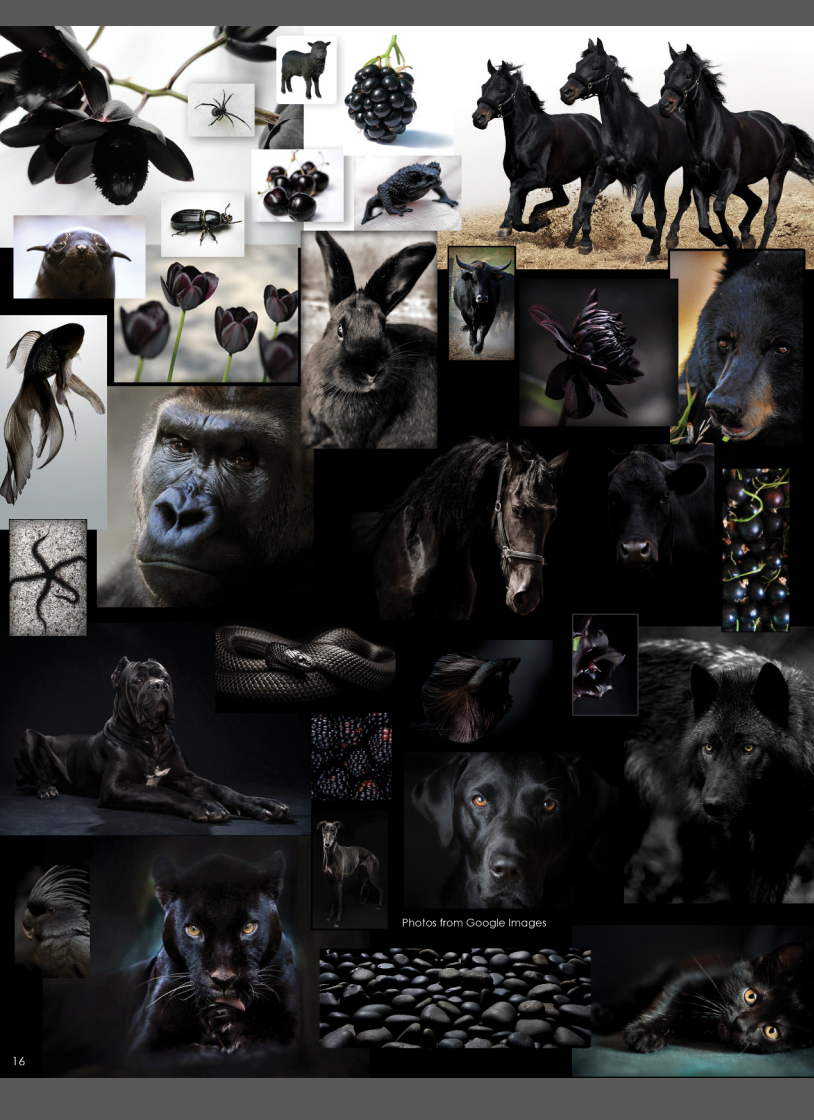
Things can go wrong quickly in the backcountry. Being prepared could save your life. Always pack basic tools: a knife, a shovel, rope, a flash light, a reliable map, plenty of water and food. Top off your gas tank before starting a trip. Bring at least one extra 20-gallon can of gas (securely tied down on your roof rack). Flat tires are a common problem for backcountry drivers because of rough road conditions or from not having suitable tires. Ensure that your vehicle is equipped with off-road tires rather than highway or street tires. Carry at least one inflated spare (preferably two), a can of fix-a-flat or tire plug kit, an air-compressor, a lug wrench, and a jack. Make sure you know how to use your equipment before you head out. Be alert for flash-flooding, washouts, and other road damage. In the higher elevations, snow and ice conditions may require tire chains. Plan for any situation. It's better to pack everything that you may need and not have to use it, than not have the one thing that could get you out of trouble.

If you are looking for an opportunity to embrace your love for driving, exploring, and the outdoors, backcountry driving and off-roading may be the perfect activity for you. (That is if you don't mind the dust, mud, possibly a few scratches, and occasionally some dents you might find on your vehicle when you get home.)

So gear up and hit the back roads for some fresh air and a different kind of adventure!

SOURCE OF INSPIRATION:
www.nps.gov/deva/playyourvisit/backcountryroads
www.en.wikipedia.org/wiki/Off-roading





Photos from Google Images



protection . grounding black



Black is most commonly associated with mourning, elegance, secrets, magic, and the Earth element.

COLOR THERAPY: BLACK

POSITIVE ASPECTS

Grounding, Protection, Self-Control, Fertile Soil, Earth Energies

CHALLENGES

Emptiness, Fear, Uncertainty, Depression, Grief, Apathy

CHAKRA: Root and Earth Chakra

ELEMENT: Earth

CRYSTALS

Jet, Shungite, Onyx, Black Tourmaline, Black Obsidian, Apache Tear, Petrified Wood, Black Agate, Black Kyanite, Boli Stone

COLOR HEALING

Even though black is often associated with death, violence, magic, evil, and witchcraft, in Color Therapy it actually is a very beneficial, protecting color with strong grounding, stabilizing, and shielding properties.

Black absorbs negative energies, therefore it is most commonly used for protection. It is believed to provide a protective barrier that shields from harm and all sorts of negativity. Black can be utilized in different forms when applied in Color Healing. The most commonly used modalities include Crystal Therapy, Visualization, and Color Silk Therapy. Black crystals are often worn as talismans for protection.

ATTRIBUTES

Black represents calmness, rest, and renewal. It carries energies of potential for growth and new possibilities. The color black symbolizes the earth, from where all life springs and to where the dead are returned. In Color Healing, black is often used for grounding. It is believed to increase our awareness of our physicality and immediate reality. Black may help with breaking free from bad habits or addictions; it can instill deep meditation and open deeper levels of the unconscious mind.

Those who are unsure about themselves and have low self esteem seem to be drawn to the color black and use it to protect and hide their true feelings. For them, black may represent comfort and provide a protective shield from the outside world. But having too much black around can be very depressing and it may promote pessimistic thinking. A person who has an aversion to black may be afraid of the unknown, or have fear of the abuse of power. He may desire to become free from all kinds of dependency, blockages, and addictions.

Did you know?

Black is an achromatic color, meaning that it is literally a color "without color". It is the absence of light: the result of the complete absorption of all light.

For centuries black cats have been considered symbols of bad luck and have been accused of being the spirits of witches (or actual witches in animal form).

WEARING BLACK

Dressing in black can make a bold statement of self-control and resilience; it can reflect a collected, centered, and grounded personality. Black clothing can suggest a sense of mystery, sending out a message: "Notice my presence, but do not invade my personal space!" Incorporate black in your wardrobe when you need to feel calm, in control, and grounded. Wearing all black clothes over long periods of time could be draining and depressing. Introduce a hint of color to reflect your personality.

BLACK IN THE HOME

Black in home decor can provide stark contrasts to showcase other colors used with it. It grounds chatter and commotion from the outside world to add calm and quiet to a space. Black reflects sophistication and elegance. It is mysterious, full of the divine feminine/Yin energies. Black is bold, protective, shielding, and strong. Do not use in excess, as too much black may bring a sense of emptiness and silence in your space where fears and depression can be amplified.

SOURCE:

Healing with Crystals and Chakra Energies by Sue & Simon Lily, www.deepironcrows.com/colortherapy, www.old-earth.com/color-meanings.html#anchor-black





Bali

AMAZING
PLACES
Near & Far

PART 2

BALI is an Indonesian island known for its spectacular volcanic mountains, iconic rice paddies, vibrant culture, warm and friendly people, and its beautiful beaches. This exotic island has much to offer: from inspirational spirituality to fine dining; from world class surfing and diving to hiking in the jungle; and from luxurious resorts and yoga retreats to thousands of gift shops offering Balinese arts and crafts.

SOURCE: www.indonesia.travel



CONTENT IDEA & PHOTOGRAPHY BY PETER GERESDI



NOTE *from the Editor*

Last month's pick for Amazing Places – near and far was Bali. After the many compliments we have received on the beautiful photos my brother took during his visit in Bali, I have come to the decision to publish Part 2 in this issue featuring even more pictures.

EDITOR'S NOTE from PART 1:

...When I asked my brother how Bali was, he said that "some of it" was exceptional. He was impressed by the Balinese people's respect for nature and tradition, and the strong presence of the Hindu religion. He found it very inspirational that they devote a large part of their lives to prayer and ceremonies aimed at maintaining harmony in this world.

But unfortunately, like in many other tourist locations, he felt that the "original charm, the laid-back atmosphere and serenity" of the island was nearly wiped out by commercialism, mainstream restaurants, and excessive littering.

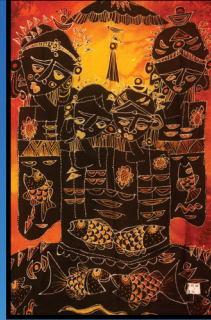
My brother described Ubud, the "artistic capital" and its surrounding areas as very beautiful and spiritual. He said that this region showed an intense influence of art and religion with intricately carved temples and statues everywhere, incredible textile paintings and silver smithing, exquisite woodcarvings, dramatic dances, and colorful cultural performances. But my brother and his wife both felt that this area was "very commercial and touristy". The "serene and peaceful part of Bali" may be located more on the northern and western side of the island – perhaps exploring that area will be the incentive for another visit.

Even though the reality of Bali might fall far from what we picture based on the Julia Roberts movie "Eat, Pray, Love", I still was impressed by the side of Bali my brother's photos portray. Therefore, Bali is our pick for this issue's Amazing Places - near and far.



PHOTOGRAPHY BY PETER GERESDI







In Focus: COMPRESSION THERAPY

Alternative Treatment for Chronic Swelling and Vein Problems

- Compression Therapy, an Effective Post-Surgical or Preventative Modality with Many Health Benefits



While those who suffer from lymphedema and chronic venous disease are the main candidates for Compression Therapy, this unique treatment has been found beneficial as a complementary therapy for enhancing the immune system, digestion, circulation, detoxification, wound care, weight loss, and cellulite reduction as well.

Broadly used in hospitals in Europe and now also offered by numerous specialists in the U.S., Compression Therapy provides a safe and efficient way to relieve symptoms of lymphedema, venous diseases, and several other conditions.

What is Lymphedema?

Lymphedema is the chronic swelling of the limb caused by impaired flow of the lymphatic system. It is a degenerative condition which can get worse over time without treatment.

The lymphatic system works as a filtration system: it is a network of specialized vessels (lymph vessels) throughout the body that collects excess lymph fluid containing proteins, lipids, and waste products from the tissues. This fluid is then carried to the lymph nodes, which filter waste products and contain infection-fighting cells called lymphocytes. The excess fluid in the lymph vessels is eventually returned to the bloodstream. When the lymph vessels are blocked or damaged, they are unable to carry lymph fluid away from the tissues, and localized swelling (lymphedema) occurs in the limb as a result.

Lymphedema most often affects a single arm or leg, but in rare cases both limbs can be affected.

Causes

Primary lymphedema is the result of an anatomical abnormality of the lymph vessels and is a rare, inherited condition. Secondary lymphedema results from an identifiable damage to or obstruction of normally-functioning lymph vessels and nodes caused by medical procedures, injuries or infection. This type of lymphedema often occurs in women who have had breast cancer surgery, especially if followed by radiation treatment.

Symptoms

Most common symptoms are swelling, aching, discomfort, restricted range of motion, non-healing wounds, hardening or discoloration of the skin, recurring infections, and cellulites. Lymphedema first may be noticed as a feeling of heaviness, tingling, tightness, or shooting pains in the affected area. These symptoms may be present before there is obvious swelling of an arm or leg.

While according to the medical field, there is no cure for lymphedema, Compression Therapy has been proven a safe and effective way to provide relief and help reduce the swelling and discomfort.

What is Chronic Venous Disease?

Chronic Venous Disease (CVD) refers to chronic conditions related to or caused by defective or damaged veins, typically occurring in the legs. Increased blood pressure (most commonly caused by excess weight, leg injury, or blood clots) strains the veins, which can prompt valves within the veins to fail to work efficiently, resulting in the blood flow to back up and eventually pool out in the legs. This can lead to the

development of varicose veins, spider veins, and painful swelling of the legs.

Causes

The most common factors in the development of chronic venous diseases are the following: leg injury or surgery; excessive weight gain or obesity; prolonged standing; extended periods without movement; blood clots; weak vein walls (hereditary); hormonal influences of pregnancy, puberty, and menopause; the use of birth control pills; exposure to ultraviolet rays; and conditions that cause increased pressure in the abdomen, such as tumors, constipation, and externally worn garments like girdles.

Symptoms

Symptoms of CVD include aching, swelling, numbness, tiredness, restlessness, burning, throbbing, tingling, or heaviness in the legs. The appearance of thin blue, red, or purple lines that can branch out depending on the severity of the blood flow restriction is an indication of dilated veins called 'spider veins'. Large, swollen, and bulging blood vessels that can be seen through the skin are called varicose veins.

Pain caused by varicose and spider veins is usually relieved by elevating the legs. But without effective treatment, they can worsen over time and lead to more severe conditions, such as sores, rashes, or skin ulcers, and severe venous insufficiency that could cause deep vein thrombosis and pulmonary embolism. Compression therapy has proven to be an effective source of treatment for CDV that can help alleviate aching and loosen constriction between the vein walls.

The painful swelling, non-healing wounds, and continuous discomfort can decrease your mobility and your quality of life. Remember, once you notice any symptoms, it's imperative to have an appropriate diagnosis and a treatment plan in order to reduce the risk of developing more dangerous, often life-threatening conditions such as Deep Vein Thrombosis. If you suffer from lymphedema or CVD and are looking for an efficient and safe treatment, you might want to consider Compression Therapy. The benefits may exceed your expectations!

Compression Therapy

Compression Therapy, also called "Wave Massage" in Europe, uses pressure cuffs (or sleeves) with a peristaltic compression pump that compresses in a rhythmical, wavelike cycle – similar to the normally functioning lymphatic and circulatory systems.

During the therapy, the limb is surrounded by an inflatable cuff with several chambers, which are inflated sequentially so that there is a wave of compression traveling up the limb. The chambers inflate in the direction from foot to thigh in short bursts and either remain inflated until the end of the cycle or get deflated depending on the program selected for the treatment of a particular condition. Different settings of pressure and duration can be chosen to fit the needs and comfort of each individual.

The effects of this wavelike compression technique have been astonishing. Besides the evident benefits on the lymphatic and circulatory systems, it has shown promising results in stimulating the immune system, strengthening the connective tissue, improving digestion, accelerating detoxification, cellulite reduction, and more.

Remember, any sign of swelling is the indication of an underlying problem! If you have questions about Compression Therapy or about lymphedema, CVD, and other health concerns, you may find the answers at the Salt Cave! (See ad above and on page 46.)

DISCLAIMER:

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

NEW AT THE SALT CAVE!

COMPRESSION THERAPY

- LYMPHATIC SYSTEM
- IMMUNE SYSTEM
- DIGESTION
- CIRCULATION
- VARICOSE VEINS
- DETOXIFICATION
- CELLULITE REDUCTION
- WEIGHT LOSS

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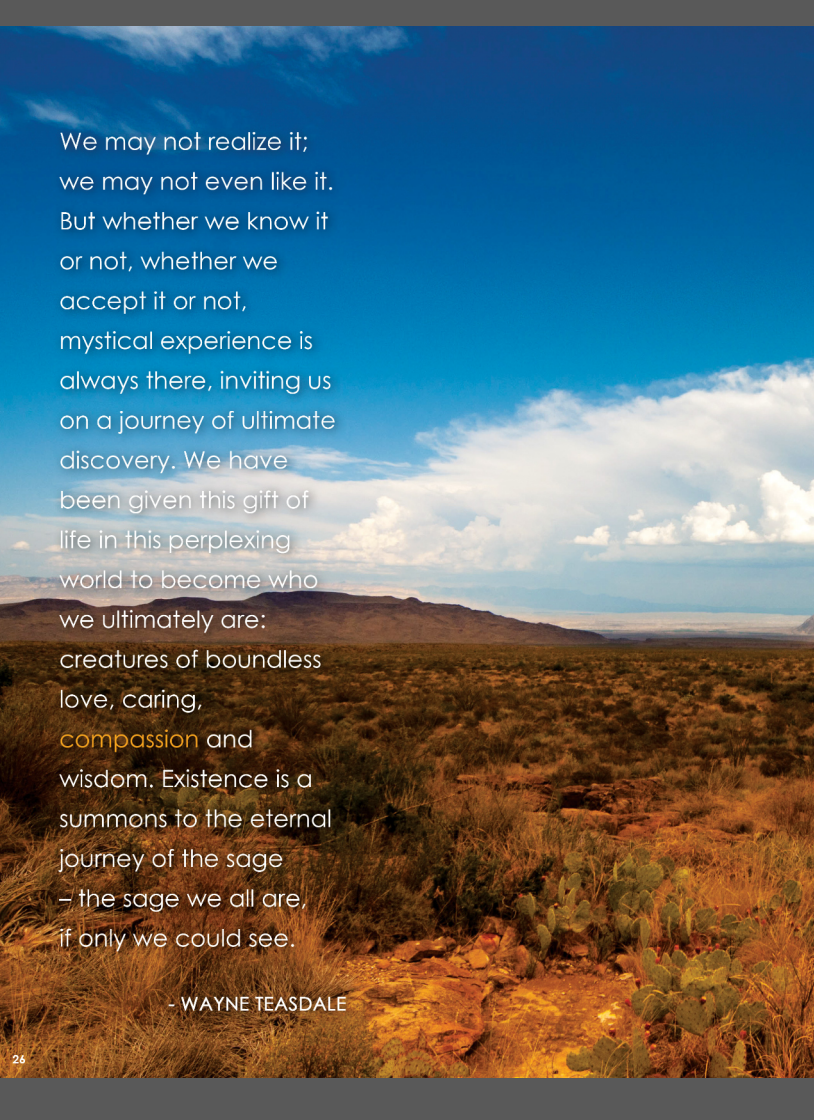
See 50% OFF coupon on page 46.

ADDITIONAL APPLICATIONS & AESTHETIC USES:

- ~ Body Sculpting
- ~ Fat Elimination
- ~ Wound Care
- ~ Fighting Inflammation
- ~ Constipation
- ~ Minor Injuries & Sprains
- ~ Relaxation & Stress Relief
- ~ Arteriosclerosis
- ~ Diabetes
- ~ Insomnia

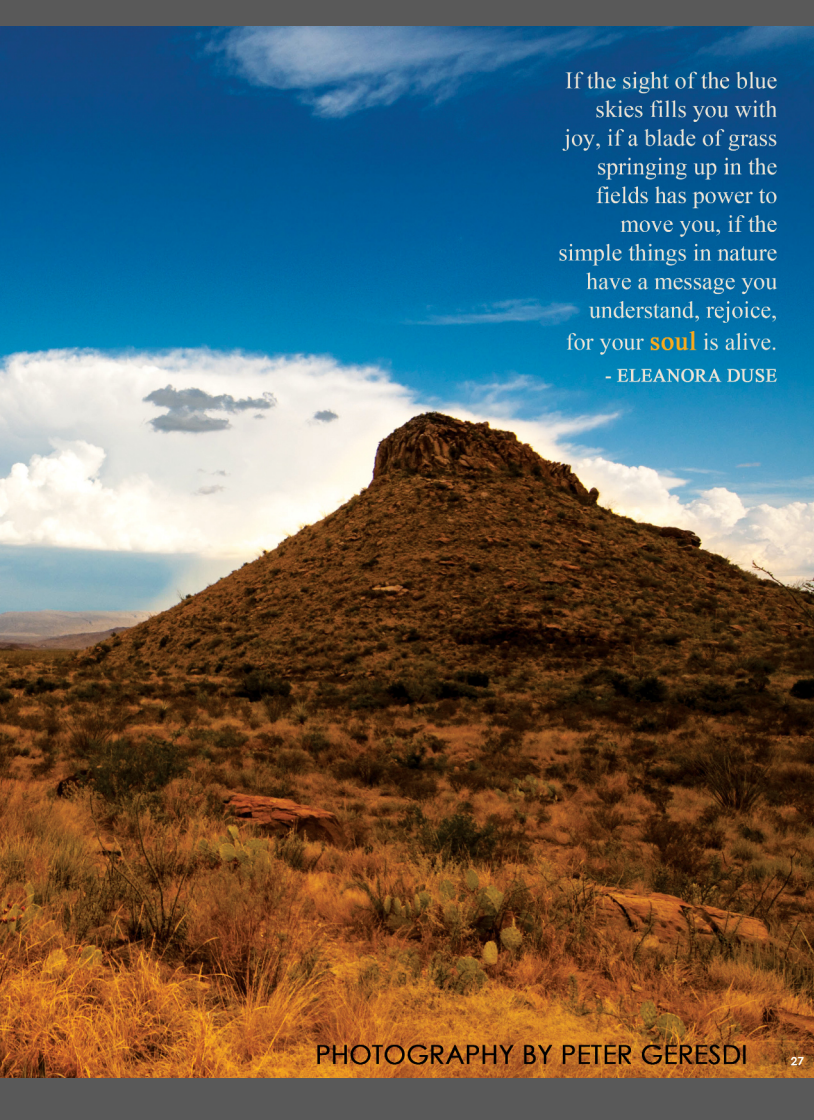


SOURCES: www.medicinenet.com/lymphedema/article.htm
www.webmd.com/skin-problems-and-treatments/cosmetic-procedures-spider-veins
www.alakformalas.hu/doctor-life-mk300-profi-hullammasszazs-keszulek#.VgBth5dgIIA

A landscape photograph of a desert. The sky is a deep blue with scattered white clouds. In the foreground, there is a dirt path leading through scrubland with various plants, including a large green cactus with red fruit. The middle ground shows rolling hills and mountains under a clear sky.

We may not realize it;
we may not even like it.
But whether we know it
or not, whether we
accept it or not,
mystical experience is
always there, inviting us
on a journey of ultimate
discovery. We have
been given this gift of
life in this perplexing
world to become who
we ultimately are:
creatures of boundless
love, caring,
compassion and
wisdom. Existence is a
summons to the eternal
journey of the sage
– the sage we all are,
if only we could see.

- WAYNE TEASDALE



If the sight of the blue
skies fills you with
joy, if a blade of grass
springing up in the
fields has power to
move you, if the
simple things in nature
have a message you
understand, rejoice,
for your **soul** is alive.

- ELEANORA DUZE

Crystal Therapy: BLACK OBSIDIAN



Obsidian is a glassy, silica rich volcanic rock. It was formed of molten lava that cooled so quickly that it had no time to crystallize. It is an amorphous stone, which means that its structure contains no regular geometric patterns. Because of its glass-like qualities that make it break with sharp curved fractures, Obsidian has been used for making arrowheads since Paleolithic times.

ATTRIBUTES	Protection, Grounding, Cleansing
ELEMENT	Earth
CHAKRA	Base/Root
MINED IN	Mexico and worldwide

Black Obsidian is a strong protecting and grounding stone. It is said to form a protective shield against harmful energies – which can help us remain centered when facing negativity. According to Robert Simmons, Black Obsidian is like a 'psychic vacuum cleaner': it can absorb negative energies from the environment and cleanse the aura* of disruptions created by emanations of anger, greed, fear, resentment, and other unhealthy emotions.

Black Obsidian is known to activate and cleanse the Base Chakra. It is an excellent tool for releasing disharmony in one's life. Black Obsidian promotes calmness and security; and it helps stabilize the energies of all persons within its reach. This stone is said to block psychic attacks* and remove negative spiritual influences from our surroundings.

Black Obsidian's strong reflective qualities will bring up reasons for distress in one's life and can expose often unpleasant truths, flaws, weaknesses, and blockages.

NOTE: It is essential to cleanse Obsidian each time after it is used for drawing out negative emotions, as it absorbs negativity fast and with great power.

MEDITATION

Black Obsidian is believed to help us uncover unconscious thoughts and patterns that hold us back from spiritual and personal growth. During meditation, Black Obsidian can bring these to the surface and help us confront them. Meditating with this stone could provide deep soul healing. **NOTE:** The powerful truth-enhancing qualities of Black Obsidian could be overwhelming for some people. Enhanced healing work with Black Obsidian may require the guidance of a qualified Energy Healer.

POSITION

Carry a small piece in your pocket or wear as jewelry for protection. A large piece of Black Obsidian in the home can block geopathic stress* and soak up environmental pollution. Placing Snowflake Obsidian or Apache Tear under the pillow can draw out stress and tension.

OTHER VARIETIES OF OBSIDIAN

MAHOGANY OBSIDIAN

This variety of Obsidian is said to give strength in times of need, to reveal one's true purpose, and to stimulate growth on all levels. Mahogany Obsidian is a very strong grounding and stabilizing stone that resonates with the energy of the earth.

RAINBOW OBSIDIAN

It is a strong protective stone that absorbs negative energies from the aura and draws off stress from the body. Rainbow Obsidian provides insight and teaches you about your spiritual nature. It aids the recovery from emotional wounds. It's believed that this stone can cut 'cords' of old love and gently mend a broken heart.

SHEEN OBSIDIAN

This stone is said to enhance meditation and manifestation. It can assist in aligning one's action and will with Divine intent. Sheen Obsidian could be a useful stone for bringing forward hidden talents and revealing one's true spiritual direction.

BLUE OBSIDIAN

Blue Obsidian is believed to enhance telepathy and aid astral travel. It opens the Throat Chakra and supports communication. Placed over the appropriate area, it may alleviate pain.

GREEN OBSIDIAN

Green Obsidian activates and cleanses the Heart Chakra. It can remove unhealthy ties to other people; and helps you avoid repetition in your love life.

YELLOW OBSIDIAN

Yellow Obsidian is a very protective stone that forms a shield against negative energies. It can assist you to know who you truly are by carrying you to the depths of your emotions. It helps to eliminate energy blockages and release tension. This stone is known to anchor the Spirit into the body. Yellow Obsidian is a helpful tool for those who do not feel confident that they are ready to pursue their true path.

SNOWFLAKE OBSIDIAN

It is a calming and soothing stone that teaches you to value mistakes. It gently helps you recognize and release negative mental patterns. Snowflake Obsidian is believed to provide balance for body, mind, and Spirit. It also increases psychic sensitivity and attunement to spiritual guidance.

APACHE TEAR

In addition to absorbing negative energies and protecting the aura, Apache Tear cleanses the Earth Chakra, comforts grief, and promotes forgiveness. Similarly to Black Obsidian, it brings up negative thought patterns, but does so in a much gentler and slower way – so that these patterns can be recognized and transmuted with ease.

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

***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.

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
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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...*

Saturday, October 17th 2pm - 3pm
Wednesday, October 28th 6pm - 7pm

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

Essential Oil of the Month:

by Bethanny Gonzalez, Certified Aromatherapist

Clary Sage (*Salvia Sclarea*)

Clary Sage Essential Oil is extracted by steam distillation of the buds and leaves of the clary sage plant. In the old days it was considered a highly esteemed medicinal herb, particularly because of its benefits for the eyes. Today it is commonly used as a popular essential oil in Aromatherapy for its many physical and psychological attributes.

AROMA: Musky, herbaceous, nutty, warm and sweet

PROPERTIES: Antioxidant, antidiuretic, antifungal, anticoagulant, antispasmodic, relaxant, Estrogen-like

ELEMENT: Air

PLANET: Mercury

CHAKRA: Root, Sacral and Third Eye Chakras

SPIRITUAL ASPECTS: Wisdom, Balance, Calm, Tranquility

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Essential Oil
www.gaiahealinggifts.com

www.gaiahealinggifts.com

BENEFITS for Massage & Skin Care

- Relaxing and stress-relieving
- Calms the nervous system
- Helpful for reducing inflammation
- Can help relieve headaches, back pain, muscle stiffness, and cramps

HEALTH BENEFITS

- Beneficial for balancing hormones
- Useful for circulatory problems
- Fights infections and can be used to cleanse wounds
- Can help relieve hot flashes during menopause

EMOTIONAL USES

- Helps alleviate anxiety, anger, depression
- Calms melancholy, paranoia, and stress
- Has revitalizing and inspiring properties
- Enhances art and creativity

METAPHYSICAL USES

- Brings harmony and purpose
- Carries the wisdom of the 'sages'
- Gently awakens the angelic realm of the subconscious
- Enhances the ability to dream and to remember dreams

TIP:

Place 3 drops of Clary Sage Essential Oil on the bottom of your feet before you go to bed, with the intention to get clarity in your dreams. As you lie down, ask your Guides and your Higher Self to guide you and to bring clarity during your sleep. Keep a journal next to your bed to record your dream when you awake.

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

Mood Swing Hormone Balancing Bath Soak

½ cup Sea Salt or Himalayan Pink Salt
4 drops Clary Sage Essential Oil
5 drops Tangerine Essential Oil
4 drops Grapefruit Essential Oil
2 drops Fennel Essential Oil

Run hand-hot water. Mix all ingredients, then pour into the warm bath water. Close the door to keep in the vapors. When you are ready, get in, relax, and breathe in the vapors. Soak for 15 minutes.

With Love and Light,

Bethanny

Gaia's Healing Gifts

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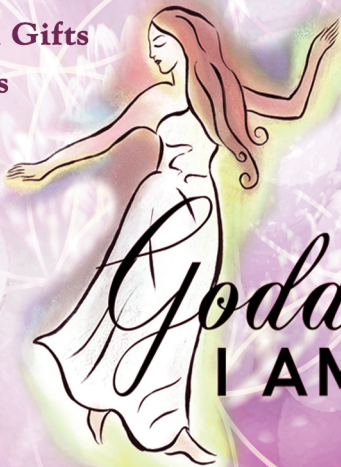
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Meditations

Classes


and more...



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 WORLD VEGETARIAN DAY ☿♁ Mercury in Retrograde	2 ☿♁ Mercury in Retrograde	3 ☿♁ Mercury in Retrograde
4 ☿♁ Mercury in Retrograde	5 ☿♁ Mercury in Retrograde	6 ☿♁ Mercury in Retrograde	7 ☿♁ Mercury in Retrograde	8 ☿♁ Mercury in Retrograde Draconids Meteor Shower	9 ☿♁ Mercury in Retrograde	10
11	12 COLUMBUS DAY	13 ☀ NEW MOON	14 ISLAMIC NEW YEAR	15	16	17
18	19	20	21 Orionids Meteor Shower	22 Orionids Meteor Shower	23	24 UNITED NATIONS DAY
25	26 ☿♁ Conjunction of Venus and Jupiter	27 ☾ FULL MOON SUPERMOON	28 ☿♁ Conjunction of Venus, Mars, and Jupiter	29	30	31 HALLOWEEN



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



October 13
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 00:06 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.



October 27
FULL MOON, SUPERMOON

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 12:05 UTC. This full moon was known by early Native American tribes as the Full Hunters Moon because at this time of year the leaves are falling and the game is fat and ready to hunt.

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.



OCTOBER 2015 HOROSCOPE

October will be a very dynamic month, greatly influenced by a Mars-Jupiter conjunction. According to [eastrolog.com](http://www.eastrolog.com), the Mars-Jupiter conjunction brings physical prowess, an appetite for life and action, and a will to get involved in projects that demand a lot of energy and boldness. But it can also manifest in a negative way, generating a tendency toward carelessness, exaggeration, excess, foolish acts and risks.

The astrological aspects of this month could enhance ambition and favor those who know what they want and are willing to do everything necessary to achieve their purpose.

October will be full of opportunities, but they must be approached with care and wisdom. This month the immature, impatient and irresponsible people can get in trouble, while the serious, tenacious, well-oriented ones could achieve great things.

SOURCE: www.eastrolog.com/monthly-horoscopes

Three, and sometimes four times a year, the planet Mercury appears to be moving backwards in the sky for a period of approximately 3 weeks. Retrograde cycles are essentially illusions that result from our point of view from Earth. Simply because the Earth is also orbiting the Sun at a different speed than the other planets.

METAPHYSICAL ASPECTS

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

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

However, this is an excellent time for organizing and to reflect on the past. We look at the world a little differently and can come up with some very important inner revelations, although, it may be difficult to communicate them under this influence. Mercury in retrograde periods can be times of heightened inner awareness, when meditation, reworking old plans, and reviewing past work are favored. Intuition is high during these periods, and coincidences can be extraordinary. Not everyone feels the effects of Mercury retrograde. Those born with Mercury retrograde in their natal chart, may not notice the effects above.

SOURCE:

www.seasky.org
www.cafeastrology.com,
www.mindbodygreen.com
www.manspurpose.com
www.spiritscienceandmetaphysics.com

DENEb, the brightest star in
the constellation Cygnus (the Swan)
– well over 1,000 light-years away



DEEP SPACE PHOTOGRAPHY BY SANDOR GERESDI



**THE
PINE RIDGE ROAD
FARMERS MARKET
OPENS AT ANOTHER
LOCATION NOW
ON SATURDAYS TOO!**

The Pine Ridge Road Farmers Market, WEST will be held every Saturday at the CrossRoads Community Church, (next to the Loving Hut) **starting October 31, 2015!**

Offering a wide variety of fresh, locally grown fruits and vegetables, jewelry, soaps, and other locally made & fair trade products. Pets are welcomed Saturdays from 9AM to 2PM. 1055 Pine Ridge Rd. Naples. 239-200-4401.

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

Local News & Events **OCTOBER 2015**

EVERY TUESDAY

10AM

YIN YOGA w/Isabel Backus - at Goddess I AM Healing & Art Center. 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.

OCT 3 SATURDAY

11:30AM - 12PM

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

OCTOBER 7 WEDNESDAY

6PM - 9PM

WILD LIFE ART OPENING - at Shangri-La Springs. Free and open to the public. Alchymie pianist Jennifer Theuer Ruzicka and flute player Hung Ly will perform ambient piano and Native American flute music showcasing single, double, & triple flutes. An evening of ambient music with another fantastic art exhibition opening in the main gallery. 27750 Old U.S. 41 Road, Bonita Springs. 239-949-0749

OCT 8 THURSDAY

5PM - 7PM

SACRED GEOMETRY ART CLASS with Molly Nelms - at Goddess I AM Healing & Art Center. 600 Goodlette Rd. N. Naples. 239-228-6949.

OCT 9 FRIDAY

5AM - 8PM

EVENING 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. 600 Goodlette Rd. N., Naples. 239-228-6949

OCT 13 TUESDAY

12PM - 2PM

CHAKRA & CRYSTAL CLASS w/John Cartwright - at Goddess I AM Healing & Art Center. Come learn which gemstones to connect with each chakra. Work with the meridians and chants to bring balance, and also learn manifestation techniques. 600 Goodlette Rd. N. Naples. 239-228-6949.

OCT 16 FRIDAY

7PM

CHANNELING w/Candace - at Goddess I AM Healing & Art Center. Join us for an exciting evening with our favorite psychic medium, Candace Strafford, who will be channeling a powerful message. 600 Goodlette Rd. N. Naples. 239-228-6949.

OCT 17 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. 600 Goodlette Rd. N., Naples. 239-228-6949

OCT 17 SATURDAY

2PM - 3PM

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. RSWP by calling Connie Myers at (239) 404-8892. 5555 Taylor Rd. Unit C.

OCT 27 TUESDAY

12PM - 2PM

CANDLE MAGIC w/Bethanny Gonzalez - at Goddess I AM Healing & Art Center. Learn to harness and boost intention by using candles. You will learn the basic understanding of candle magic and how to set space and warding to net you the best outcome. 600 Goodlette Rd. N. Naples. 239-228-6949.

OCT 28 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. RSWP by calling Connie Myers at (239) 404-8892. 5555 Taylor Rd. Unit C.

OCT 31 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, jewelry, soaps, and many other handmade & fair trade products. 1055 Pine Ridge Rd. Naples. 239-200-4401.

NOV 1 SUNDAY

9AM - 2PM

PINE RIDGE ROAD FARMERS MARKET (EAST) - at the Marquessa 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, breads, books, jewelry, candles, soaps, and many handmade & fair trade products. 3370 Pine Ridge Rd. Naples. 239-200-4401.

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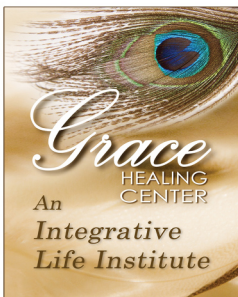
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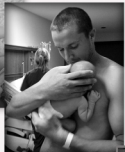
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CONTENT IDEA BY GUY CERRITO

Are we being misled into wasting tons of money on the kind of gas most of our cars don't actually need? When it comes to gasoline, we tend to associate higher octane numbers with higher quality and higher performance.

Most people think that Premium fuel is supposed to be better for their vehicles. Gasoline companies know this and do nothing to deter drivers from wasting money. Labeling 87 octane gas 'Regular,' and 91 or higher octane 'Super' and 'Premium' reinforces this myth -- while gas companies are profiting billions at our expense. After all, since Premium is priced higher than Regular gas, it's in their best interest to let as many people as possible believe that paying 'just a bit more' means getting better quality gas.

We are led to believe that Premium fuel burns cleaner, and that it will give the vehicle extra power and better fuel mileage than Regular gasoline. This is simply not true. In fact, the octane rating for gasoline has nothing to do with the amount of power locked inside of it -- it actually relates to just how much a fuel can be compressed before igniting. The higher the number, the less likely it is to ignite under pressure.

When gasoline is sprayed into a cylinder by a fuel injector and mixed with oxygen, it remains there in vapor form until it is time for the sparkplug to light it up, causing the explosion that drives the piston down to generate horsepower. The timing of this explosion is critical, as gasoline that ignites too early causes 'knock', which reduces engine output and efficiency. In most engines, knock is rarely an issue because the compression ratio (the pressure that the air/fuel mixture is put under in the cylinder) is low enough that Regular gasoline's octane rating is sufficient. There is absolutely no benefit to running high octane fuel in a standard motor, since it will never be able to take advantage of Premium gasoline's higher knock resistance. However, more aggressive engine management schemes, especially those found in turbocharged or supercharged vehicles, can turn up the compression to a high level, requiring much higher octane gasoline to avoid knock.

So unless you have a car with an engine built and tuned specifically for Premium fuel, you really don't need high octane gasoline. You will not see the power or fuel efficiency increase by running high octane fuel in an engine that has been tuned and designed for Regular gas, nor will doing so perform any extra 'cleaning' inside the motor. So next time you fill your tank, do not waste money on Premium if your vehicle does not require it!

SOURCE:

www.nicoclub.com/archives/gasoline-octane-myths

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A new study reveals ginger contains a pungent compound that could be up to 10,000 times more effective than conventional chemotherapy in targeting the cancer stem cells at the root of cancer malignancy.

EXCERPT FROM SAYER JI'S ARTICLE:

A new study published in PLoS reveals a pungent component within ginger known as 6-shogaol which was found superior to conventional chemotherapy in targeting the root cause of breast cancer malignancy, the breast cancer stem cells.

This is a highly significant finding, as it affirms a common theme in cancer research that acknowledges the primary role of cancer stem cells: namely, while conventional techniques like surgery, radiation, and chemotherapy are effective at reducing a tumor's size, sometimes to the point where it is "debunked," "burned," or "poisoned" out of the body even below the threshold of re-detection, the appearance of "winning the battle" often comes at a steep price, as ultimately the cancer stem cell population regrows the tumors, now with increased vengeance and metastatic invasiveness, resulting in the cancer "winning the war."

This new study adds to growing body of research indicating that cancer stem cell targeting approaches using natural substances present in the human diet for thousands of years are far superior to chemotherapy and radiation, both of which actually increase the relative populations of cancer stem cells.

To read full article and see the findings of the new study, visit the open source, natural medical resource site: www.GreenMedInfo.com.

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.



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BECOME A CO-CREATOR OF WHITE LOTUS MAGAZINE

I'd like to offer the opportunity to any and all of our readers to be part of White Lotus Magazine and support our mission. With a small contribution each month towards the printing costs, our readers can help build the content and shape each issue. Everyone has something to share. I'd like to invite those who'd like to participate in spreading the word of conscious living and provide them a chance to be heard and recognized.

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.

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.



COPPER LEAF

For a \$10 contribution, you will receive 1 copy of the next issue of White Lotus Magazine by mail with a free gift. You will be able to submit one quote or photo to be included in the next issue of the magazine*. Your name will appear on the Tree of Conscious Living on a copper leaf.

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SILVER LEAF

For a \$40 contribution, you will receive 2 copies of the next issue of White Lotus Magazine by mail with a free gift. You will be able to submit up to 4 quotes or photos, or a small blurb/poem/song lyrics etc. to be included in the next issue of the magazine*. Your name will appear on the Tree of Conscious Living on a silver leaf.

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GOLDEN LEAF

For a \$100 contribution, you will receive 5 copies of the next issue of White Lotus Magazine by mail with a free gift, and the opportunity to become a co-creator of the magazine. You will be able to present a feature of your choice to be included in the next issue of the magazine. It may be a content idea, an article you wish to contribute, a recipe perhaps, a special interest or a particular topic you'd like featured, photos you wish to share, or even a cause, a local business, or a member of the community to introduce to our readers*. Your name will appear on the Tree of Conscious Living on a golden leaf.

You can make a one-time contribution of \$100 or you can help out on a monthly, reoccurring basis.

***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.**

The Tree of CONSCIOUS LIVING





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

The Tree of CONSCIOUS LIVING



Each leaf of this tree represents an individual or a business that is a supporter of White Lotus Magazine. See details on how to participate on page 47.

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SIZE	1 MONTH	3 MONTHS	1 YEAR
FULL PAGE	450	395	325
HALF PAGE	250	225	195
1/3 PAGE	175	160	140
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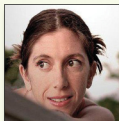
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