



White Lotus
SW Florida Edition

FREE
SEPT 2015

magazine



INSPIRATIONS FOR CONSCIOUS LIVING



Photography by Anna Krecckj

Letting go helps us to live in a more peaceful state of mind and helps restore our balance. It allows others to be responsible for themselves and for us to take our hands off situations that do not belong to us.

- MELODY BEATTIE

The Eternal Law of Life is:
'What you think and feel
you bring into form;
where your thought is
there you are, for you
are your consciousness;
and what you meditate
upon, you become.

- ST. GERMAIN



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

- OFFERINGS OF SPIRIT



Photography by Todd Connaghan, Alberta, Canada

WISDOM

FOR SEPTEMBER

The
**Shaman's
Whispers**

I myself have no power. Real power comes from the Creator. It's in his hands. But if you are asking me about Strength not power, then I can say that the greatest strength is gentleness.

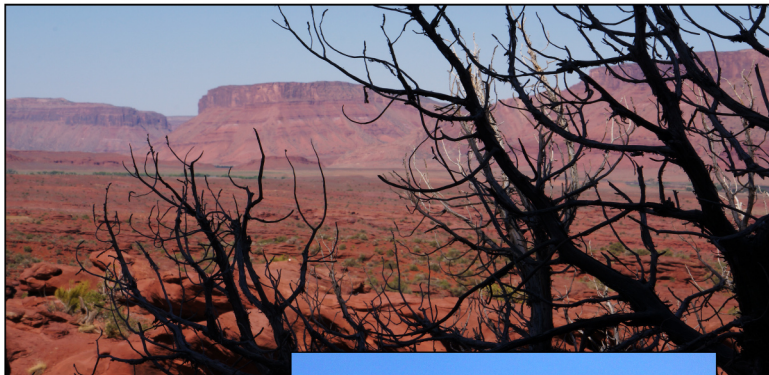
"The Shaman's Whispers" is a monthly column, offering bits of wisdom inspired by Native American teachings.

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

OFFERINGS OF:



Photography by Cheryl McCorkle

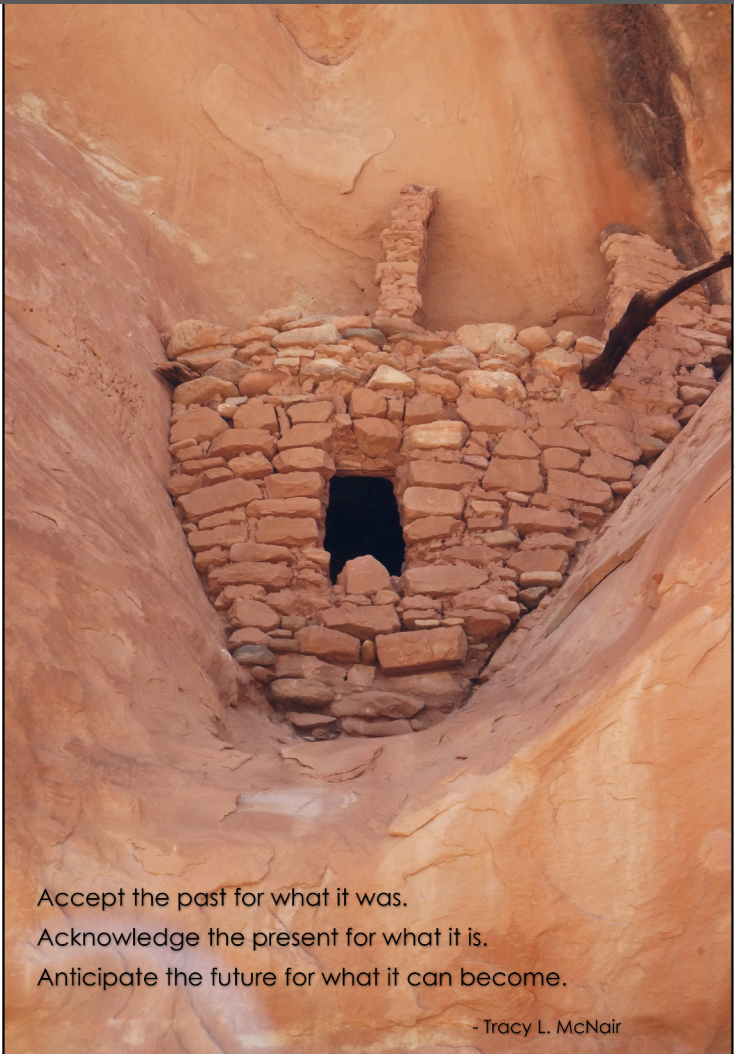


*Everyone has a spirit
that can be refined,
a body that can be
trained in some manner,
a suitable path to
follow. You are here to
realize your inner divinity
and manifest your
innate enlightenment.*

- MORIHEI UESHIBA



Cheryl
McCorkle



Accept the past for what it was.
Acknowledge the present for what it is.
Anticipate the future for what it can become.

- Tracy L. McNair



"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*

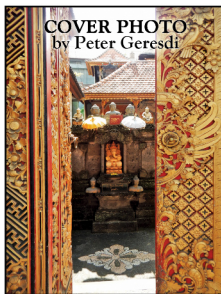
Summer came and went. We are tempted to take a breath, but we are not out of the woods just yet. Season is still months away and those businesses that depend on the seasonal traffic may still be going through difficult times even now. Living in SW Florida, we've learned that September can be a slow and testing month for many. This is that time of the year when we might have to become very creative in order to overcome the challenges, especially the financial ones. When our circumstances seem impossible, some of us might struggle to make ends meet, some simply give up, and others become creative and try their very best to make things work.

In order to keep my original vision for White Lotus Magazine, that of creating a quality magazine that doesn't only provide valuable information but also inspires, I realize that I have to adjust and be more creative when the means of publishing the magazine seem less than ideal. Perhaps I could raise the advertisement prices; I could lower the quality of the paper and ink; I could cut back on the number of pages; and I could publish fewer issues a year. I could, but I prefer not to. I am going to do my very best to keep the essence of the magazine and not give up on my initial intent to offer inspiring content on high-quality, full-color pages, and also affordable advertising.

So how do I keep on offering all that while securing funds for printing and trying to grow the number of copies distributed each month? The costs of publishing a free magazine are traditionally supported by advertising. If the sum of the advertisement prices doesn't cover the expenses, the publisher may have to seek out investors to help cover the cost of printing and other expenses. The investors oftentimes are big companies, wealthy individuals, and organizations that look at it as a business opportunity or a tax write-off. That may be the conventional approach to generating revenue for the magazine. But White Lotus Magazine is not a conventional magazine, and I am not a conventional publisher.

I'd like to try something different: I am inviting our readers to be the investors, to become co-creators if you will. I'd like to offer the opportunity to any and all of our readers to be part of White Lotus Magazine. With a small contribution 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. See details on page 27.

Anna Krecicki



SEPTEMBER



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Who Are You Really?

by Beth Brown-Rinella

One of my favorite themes is introspection, the examination of one's own mental and emotional processes. I am always interested in looking at the "whys" of our personalities and the "how did this develop" questions. While we have innate traits and astrological influences, as well as past life baggage and family stuff, we acquired many of our beliefs about ourselves as kids. We are the sum total of how we were treated as children and young adults. It is often challenging to overcome the words of criticism, shame and ignorance perpetrated by adults in our sphere of existence as children.

I'll never forget when I was a third grader and my teacher looked up to the heavens and said out loud, "Dear God, please help Beth learn to keep her mouth shut!"

Yes, I was a chatty sort of girl, but she instilled in me words that I remember in my 50's verbatim. I do forgive her for setting the beliefs in me that "I talk too much", "my words have no value", "no one wants to hear me", and that "I have no self-control". For the most part, I have worked out these beliefs throughout the years, but I could easily revert to this belief system if I weren't vigilant.

Think of times in your youth when you were shamed, punished publicly, reminded over and over again of a certain trait. Or when you overheard yourself being discussed by others, such as: "She always speaks before she thinks!", "She isn't the sharpest tool in the shed" or "Her sister got all the beauty".

These words can form beliefs and then habits that could last a lifetime. Your belief becomes the anchor; the habit is what you do to 'mask' the belief. For example, if you were told you weren't very smart, you might mask this belief by wanting to prove how smart you are to everyone (appearing to be a know-it-all). You might seek less intelligent people to be around you, so that you can really feel like the smartest person in the room. You might find yourself stuck at dead-end jobs because you actually believe that you aren't smart enough to get a better one!

Now is a great time to find those tangly roots that keep you bound-up and unable to see your true magnificence. How do you find those roots? Go inward, sit quietly, and think about the behavior patterns that you feel are a reaction to something you were taught about yourself as a kid. Ask yourself: Am I annoying? Am I a user? Am I a know-it-all? Am I smarter than I give myself credit for?

Once you see a thread of belief that holds you in a negative belief pattern, follow it. See where it leads. Who said what? How often? Did others also concur? Now see yourself - the cute little kid full of hope, promise, and a bright future. See what happens when the heavy words fall on you: the shoulders slump, the head goes down in shame and embarrassment, and you shine less brightly. Now see the people saying these things as individuals who *don't know any better*. See them as frightened or unhappy in their own lives. Imagine that they *didn't know everything* or their circumstances forced them to become bitter and cold, tainting everything in their realm.

Your solution is to get introspective. Ask yourself, "Am I going to base my beliefs and self-worth on this person?"; "Is this the person who will determine the way I see the world?"

Make a stance and say, "No! Just because they were unhappy, cruel, unthinking in that moment, they will NOT color my beliefs any longer!" Now see yourself truly without the burden of the negative beliefs: Who ARE you really? What type of person are you? How do you navigate the world?

INTROSPECTIVE EXERCISE:

1. Make a list of all your qualities. Be honest with yourself. (This exercise does you no good if you fudge the facts.)
For example: *I am kind, a good friend, a listener.*
2. Make a list of all your fears about yourself.
For example: *I'm not smart enough. I'm too chatty. I gossip. I start drama.*
3. Now look at your lists and see where the conflicts are.

If you wrote that you are logical and then added to the other list that you aren't smart, that is a conflict. A logical person generally is a pretty smart person. If you wrote that you like peaceful situations and then added to the other list that you like to 'stir the pot', well now that's a conflict indeed. Hmmm? You are seeking attention perhaps? This realization then may lead you to remembering how no one really paid attention to you when you wanted to be heard as a child. When you look at the conflicting thoughts on your lists, think of why you feel this way about yourself. Was this feeling generated by someone's words about you? Find the source, and then you'll have your solution.

I try to do this exercise fairly often, because I believe that some good, hard, critical thinking can be of great personal benefit. An important point though: be kind to yourself in this, as you aren't plumbing the depths to heap more cruelty on yourself. Treat yourself like the sweet kid you were who needed a hug and affection. Forgive those whose words cut into your psyche and altered the path of your growth. And forgive yourself, too -- you were young and trusting. This is how you take control over your life's path. Be your truly magnificent self and shine!

Namaste!



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

ANIMAL SPIRIT GUIDE OF THE MONTH:

Cardinal



Photos from Google Images

"ALL MY RELATIONS"

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

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

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

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

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

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

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

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

SOURCES:

Animal Speak by Ted Andrews
www.manataka.org
[www.en.wikipedia.org/wiki/Cardinal_\(bird\)](http://www.en.wikipedia.org/wiki/Cardinal_(bird))
www.thecardinalexperience.com/symbols
www.whats-your-sign.com/animal-symbols/m-cardinal

The cardinal bird symbolizes vitality, faith, grace, and nobility. Cardinal, as an animal spirit guide, reminds us to hold ourselves with pride and embrace our personal power. It inspires us to stand taller, be more regal, and act with confidence. Cardinal encourages us to be more aware that everything we do in our lives has importance and affects others around us.

According to Ted Andrews, the cardinal's presence in our life suggests a time to renew our vitality. It reflects an inner desire to embrace the feminine aspects of intuition and creativity in our lives, and to understand the role of giving and receiving. It is a reminder that there are always new opportunities to embrace our own strength, importance, and vitality in our lives.

When Cardinal flies into your life:

- You may need to add more color to your life.
- You may be encouraged to develop and accept a new look at yourself: examine your self image, your self esteem, and what you have to offer others.
- You may be reminded that your eating habits could be affecting your health and overall vitality. You may have to be more careful in your diet.

If Cardinal is your Animal Guide:

- You are naturally energetic, you love life, and happily help others where and when you can.
- You have faith even when things might look dark and hopeless.

Ask for Cardinal's help when:

- You are feeling low, unmotivated, or depressed.
- You need confidence and encouraging for an event or situation you are nervous about.
- You seek help with formulating a plan or gaining clarity.
- You need an overall energy boost.

Did you know?

The cardinal bird was named by colonists after the cardinals of the Roman Catholic Church, for the male bird's red crest being reminiscent of a Catholic cardinal's mitre.

The cardinal is a beneficial bird in the finch family, eating many weed seeds and insects that could be harmful to humans. Cardinals are generally friendly, but males are known to be territorial and feisty in nature. They mark out their territory with song, but are ready to fight if they see another bird as a threat. When a cardinal prepares to defend himself or his family, the red-feathered crown rises up like the flames of fire.



The Clean-Up Project

by Anna Krecicki



When we are kids, we dream about who we want to be and what we want to do when we grow up. Some of us dream big and want to be astronauts, firemen, models, or even become the President. I, on the other hand, wasn't really concerned about what profession I would have – I merely wanted to clean up the garbage along the sides of the roads. Even as a child I was bothered by littering.

I remember sitting in the back seat of our car as a kid, looking out of the window and wondering why there was so much trash on the streets and along highways. I just wanted to make my dad stop and let me out to pick it up. When I grew older and took the bus twice a week, commuting between my home town and the city where I went to university, I felt just as troubled each time. Having motion sickness, I wasn't able to read or study during the one-and-a-half-hour bus ride, so I gazed out of the window, admiring the landscape of southern Hungary. The only thing interfering with the beauty of nature was the litter along the sides of the road. I remember how much it saddened me. I kept thinking that I should be out there picking it all up. I wished I could have done something about it, but I was stuck on the bus and too young to be actually out there cleaning the highway shoulders. So I promised myself that when I grew up, I would find a way to accomplish it.

Well, I grew up and life took me in a very different direction: across the ocean, very far from those roads. But unfortunately, I still see garbage everywhere by the road; no matter how far I've travelled since or where I am now. Littering is everywhere, even in my own neighborhood. And it deeply bothers me. I simply can't get my head around the fact, that some people toss soda cups, beer cans or candy wrappers out of their vehicles without the smallest bit of consideration or remorse. I can't understand it and I refuse to accept it. I get disturbed every time I drive or walk around and see trash littering the sides of the roads. Now as an adult, I feel as if I can and in fact must do something about it.

I've never been one of those vigorous individuals who has the voice and the drive to advocate publicly, to join rallies, to make phone calls and start petitions. I figured I could attempt to make a difference on a small scale, by "becoming the change I wish to see in the world". So I started a project to clean up the neighborhood on my own. Portion by portion, as often as I can, I walk on the side of the road with a trash bag in one hand and a glove on the other, and I pick up whatever people have tossed out of their cars. In addition to the frequent foam or plastic cups and tin cans, I find the craziest things. I really wonder what possesses people to throw the most random objects out of their vehicles – anything and everything! Why can't they wait until they get home and dispose of trash in the garbage pail?

Why do people litter at all? I guess it may be because of their state of mind: being unaware, ignorant, senseless, and lazy. Perhaps that is how they were raised.

Even though I can't change the mentality of the people who thoughtlessly litter, I will do my best to clean their trash. After all, I'm trying to keep the childhood promise I made to myself and at the same time I'm doing my part to keep our planet clean. And I hope it will inspire others to do the same. Perhaps one day, seeing me out there on trash patrol, someone might pause for a moment and reconsider throwing that beer can out of the car window.



Photo from Google Images

11 SIMPLE THINGS

*you can do to help keep
your community clean*



1. pick up a piece of litter every day

Make a conscious effort to pick up at least one piece of garbage every day while you are out and about. Every little bit helps! Keep sanitary wipes with you to avoid contact with the litter.

2. never throw anything out of your car!

Keep a litter bag or a small trash can in your vehicle. You can dispose of it when you get home.

3. organize your own clean-up

Invite a few friends over and together go for a walk around your neighborhood or on the beach with garbage bags to pick up any litter you see. It's a great way to spend some time with friends while contributing to keeping our environment clean.

4. be proactive

Lead by example. Keep your surroundings - your workplace, your home, and your yard clean. Others may get inspired by it and clean up their own. Also, when a place is immaculate, others seem to be more willing to keep it that way.

5. be reactive

If you see someone littering, let them know that they "accidentally dropped something". Most people will probably pick it up in embarrassment.

6. clean up after yourself

Whether you are at the beach or camping, always collect your trash. Don't leave anything behind, not even food. You should also pick up after yourself at the movies or after an event. "Everybody is doing it" is not an excuse for leaving the mess you made behind. Yes, the movie auditoriums and concert halls may have a cleaning crew, but you can help by taking your trash to the garbage pail. It may get a bit messy with the popcorn, but just out of courtesy towards the cleaners, you can make an effort to clean up after yourself.

7. recycle

Most of the garbage goes into the landfills, where it's compacted and buried. Recycling requires far less energy, uses fewer natural resources, reduces pollution, and keeps waste from piling up in landfills. By recycling and buying recycled products you are not only helping to reduce solid waste, but you are also helping the economy.

8. compost yard and food waste

Residential waste is said to contain 40% compostable materials. You could save money, improve your soil, and reduce your impact on the environment with composting. If you don't know how to start, go to www.howtocompost.org.

9. report littering

If you see large amounts of trash or hazardous material dumped somewhere, call the Florida Department of Environmental Protection at 1.877.272.8335. You can also post your witness accounts of littering at www.litter-bug.org. It may help prevent and deter future littering, and possibly catch perpetrators of illegal dumping activity.

10. educate

Talk to your family, friends, and co-workers about the importance of keeping our environment clean and how they can get involved. Teach your children early to take part and help them adopt the values of green and clean living.

11. volunteer

Participate in coastal and city cleanups hosted by your local environmental organizations to prevent contamination to wildlife and to help keep your community clean.

Alchemy Crystal Bowls™

at 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.

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

Tuesday, September 15th 7pm - 8pm
Saturday, September 26th 1:30pm - 2:30pm

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

Eating - as a Spiritual Experience

Photo from Google Images



by Leora Dappen

We all have heard the expression: "You are what you eat". I don't fully agree with this statement, but believe the reverse, "You eat what you are" to be more correct, especially from a holistic viewpoint.

On a physical level chewing and swallowing food is the first step of eating. Then your body must break the food down through digestion. The nutrients, if all goes well, are assimilated, metabolized, detoxified, and excreted properly. These processes can literally be accelerated or halted depending on your state of consciousness and your vibrational frequency, as well as the vibrational frequency of your food (yes, food has a frequency).

On an energetic level, food affects not only your physical, but also your *etheric, emotional, mental, and spiritual bodies**. Many spiritually attuned people tend to eat very clean and consciously because they are aware. As a result they are usually healthy and vibrant. When you eat mindfully with gratitude, compassion and relaxation, you literally assimilate food more efficiently. If you are stressed out, angry, anxious or have feelings of shame, guilt or addiction around food, then digestion, assimilation and detoxification pathways can actually become blocked and shut down.

How food is grown or raised is also critical to its energetic vibrations as well as nutrient content. I have been an organic gardener for 25 years. My kids were raised on homegrown goodies. Nearly every person who ever ate from my garden would say something similar: "I don't know what you do, but I can *feel* your food when I eat it", or "This tastes better than any pepper I've ever had, and it makes me feel really good."

This certain feeling and taste is in fact love and gratitude. I garden for the love of my family, Mother Earth, and for the bountiful gift from God, which manifests in the harvest.

Compare this to commercial fruits and vegetables that are grown in sterile dirt, doused with multiple pesticides and artificial fertilizers, hybridized to not bruise and rot, genetically modified with pesticides bred into every single cell of the plant, picked when immature before nutrients are prime, fumigated with irradiation, then shipped around the world. Well, I think I've made my point.

I encourage you to consider these factors when you source meats and dairy as well. The treatment of animals for slaughter greatly affects the vibration of the meat and the milk, not to

mention the vibration of our planet. Contrary to what many people may believe, there are numerous sources of quality, bioavailable plant-based proteins. You need not feel deprived.

Eating can, and perhaps should, be a spiritual experience. It starts with choosing *what* you eat. So be mindful when sourcing your food. You will be doing your body, mind, spirit, and the planet a huge favor. Choose local, fresh, humane, and organic foods – even the words carry a high vibration. If you want the ultimate food experience, grow your own organic garden and be prepared to taste and feel the difference!

Disclaimer:

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

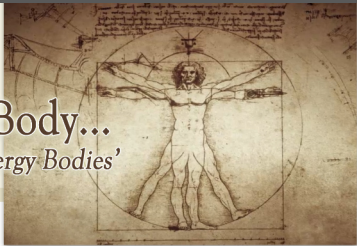
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Leora Dappen is a Natural Health Practitioner and Certified Transformational Nutritionist. She received her Masters of Science in Holistic Nutrition in 2009 and currently works with private clients at the **Healing Arts Center** located at 1065 5th Ave. N. in Naples, FL. See ad on back cover.



Beyond the Physical Body...

- Understanding the 'Subtle Energy Bodies'



Beyond the physical body are subtle energy bodies that form the layers of the human energy field, also called the *aura*. According to esoteric teachings, 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.

There are various approaches and different teachings on the system of these subtle energy bodies.* Although the terminology, the order, the number and names may vary according to different sources, the concept remains: together they form a powerful energy field, containing information about our physical, mental, emotional, and spiritual state of being.

PHYSICAL BODY

The physical body is the vessel through which we experience and progress in the physical plane. Our spirituality, creativity, emotions, and feelings flow through this body. The physical body has the ability to inform us when something is wrong or right - not only physically but also energetically. It can be positively or negatively affected by the food we eat, the thoughts we have, and the emotional state that we reside in at any given moment. The physical body is in constant interaction with the subtle bodies: it sends and receives a multitude of energy signatures to and from the aura. Learning to 'feel' and understand these messages or energy signals could be the key to finding harmony and balance.

ETHERIC BODY

The *etheric body* or '*etheric double*' is the lowest layer of the aura, the closest to the physical body. It is composed of subtle matter (that vibrates at a higher frequency than physical matter), mirroring the physical body with every body part, organ, and cell having an etheric counterpart. The etheric body is the interface between the physical body and the other subtle bodies of the aura. It maintains and filters the transfer of life force energy to the physical body. When the flow of this energy is disrupted in any way, the physical body is affected and if this imbalance is not corrected, illness and disease can manifest in the physical body. According to metaphysical texts, the energy centers of the body (*chakras**), as well as the *meridians** and *nadis** exist within this layer, connecting the physical body with the energy bodies.

EMOTIONAL BODY

The *emotional body* records our emotions and reflects our desires. It is the sum total of every emotional experience we have ever had and also of our general concerns, moods, pleasures, loves, fears, hurts, hopes, and preferences. All our experiences throughout life are energetically held as memory patterns within this layer that drive our day-to-day thoughts and feelings. Therefore, if we are not aware of our inner wounds and have not healed past hurts, we may become prisoners to the negative energetic influences. These emotional wounds that exist as contracted energy living within us can cause unwanted reactions and behavior, leading to emotional blockages that can impact the etheric body. This in turn has an impact on the physical body and ultimately manifests as physical pain and illness. The emotional body is sometimes referred to as the *astral body*, the body of consciousness, constantly shaped and reshaped by patterns of thoughts, feelings, images, words, and sensations. It is composed of 'astral matter' which vibrates higher than either physical or etheric matter. It is through the astral body that we sense other people's moods and feelings, another person's energy, or the energy of a particular space or our environment.

MENTAL BODY

The *mental body* is our "thinking mind". Our thoughts (conscious and sub-conscious) are stored here, creating the framework for the soul to project its personality. It is composed of finer matter than that found on the astral, etheric and physical planes. We manifest and express our intellect through the mental body. There are two parts to the mental body: the egoic mind and the Divine mind. The egoic mind is a powerful tool for creating a harmonious reality or a reality of suffering. It was not meant to be the driving force of our existence; only a tool to be used to direct and achieve our expanded awareness. When its task of setting an intention or forming a desire is finished, we should then turn it off and return to residing within our higher mind, the Divine mind. The vibrational experience of the Divine mind begins as a subtle calming that deepens into peace beyond understanding. When existing from the Divine mind, the constant mental churning is surrendered. However, in today's world, the programming of living within the egoic mind often prevents this from happening. It is up to us to choose where we wish to reside -- in the turbulent egoic mind or the peaceful Divine mind.

According to Dr. Frank Stainetti, embedded in Leonardo Divinci's Vitruvian Man is one of the greatest secrets regarding our path to enlightenment. He believes that this mystical and yet very recognizable drawing is depicting the sacredness of the four bodies of human vibrational existence. He claims that the two sets of arms, two sets of legs with a circle and square around the image holds the truth about our energy bodies. He explains that the Divine truth within this drawing ultimately reveals the path to enlightenment: "Deep to the surface of our human personality and emotional day-to-day conditions is an inner secret that opens the door to not only our spirituality but the workings of the heart and the path to awakening and enlightenment."

- The Four Bodies of Existance by Dr. Frank Stainetti, www.soulmerging.com

SPIRITUAL BODY

The *spiritual body*, often referred to as *casual body*, is the infinite doorway to many high vibrational states of expanded awareness, enlightened awakening, and the Higher Self. It links the personality to the collective consciousness of the planet. The spiritual body is the highest vibrating body and it reflects our ability to manifest our soul's true potential here on earth. It contains the blueprint of our true selves, our spiritual essence, and the memory of everything that has ever happened to us in any incarnation or embodiment. When the physical, mental, and emotional bodies reach a state of harmony and balance, the higher vibration of our spiritual body is activated. Thus begins the ever-increasing unfolding of our spiritual nature that opens the doorway to enlightened and expanded states of consciousness.

What defines us: our spiritual paths, our personalities, our perception, and our souls' true essence are contained within these subtle bodies. These energy layers form an interconnected, harmonious system. When one body is affected, they all are affected, and consequently, the physical body is also affected. Understanding the nature, functions, and the synergistic relationship between each subtle body is crucial to achieving and maintaining our physical, mental, emotional, and spiritual wellbeing.

When the interaction between the physical body and the energy bodies is undisrupted, when the life force energy radiates freely between all bodies and we become fully conscious of our subtle energy system, then can we truly achieve harmony, balance, enlightenment, and unconditional joy.

*NOTE:

According to some texts, there are four subtle energy bodies: Etheric, Emotional/Astral, Mental, and Spiritual/Casual. Other sources teach that there are seven: Etheric, Emotional, Mental, Astral, Etheric Template, Celestial, and Ketheric/Casual. Then again, these are often listed under different names.

DISCLAIMER:

This article is proposed for informative purposes only. Views expressed here are suggestions only.

- **The image of the man represents the physical body.**
- **The multiple arms and legs represent the dynamic state of the emotional body.**
- **The square represents the confined and limited nature of the mental body.**
- **The circle represents the spiritual body.**

*CHAKRA

Chakras are the energy centers of the body. These centers are often referred to as spinning vortexes of subtle energy or whirling disks of light. The term comes from the Sanskrit word *chakram*, which means 'wheel'.

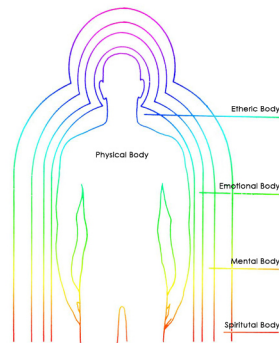
*MERIDIAN

According to ancient Chinese traditions, meridians are channels of energy, forming a network, through which *qi* (life force energy) travels to nourish and energize the human body.

*NADI

In traditional Indian medicine, nadis are energy pathways throughout the body that transport *prana* the energy equivalent of *qi*.

THE FOUR SUBTLE ENERGY BODIES:



SOURCES:

Chakra Therapy for Personal Growth and Healing by Keith Sherwood
www.soulmerging.com/article/3237-the-four-bodies-of-existence
www.healing-journeys-energy.com/Aura-subtle-energy-bodies.html
www.energyandvibration.com/energypathways.htm#Aura
www.natures-energies.com/health/subtle-energy-bodies



Photos from Google Images



neutrality . stability . patience

silver gray

Silver is most commonly associated with prestige, wealth, glamour, female energy, sophistication, prosperity, and modernity; whereas gray is often associated with the business world, conformity, old age, indifference, uncertainty, and modesty.



COLOR THERAPY: SILVER / GRAY

POSITIVE ASPECTS

Emotional Stability, Responsibility, Efficiency, Neutralizing Negativity, Intuition, Dreams, Psychic Abilities, Prosperity, Patience, Calmness

CHALLENGES

Emptiness, Boredom, Lack of Direction and Interest

CHAKRA: Lunar Chakra
ELEMENT: Air

MINERALS & METALS:

Silver, Lead, Platinum, Hematite, Pyrite, Galena, Gray Calcite, Chalcedony, Magnetite

Did you know?

Gray is the combination of white and black, but mixing any complementary colors will also produce gray. It is a neutral or achromatic color, meaning literally that it is a color "without color".

WEARING GRAY AND SILVER

Gray clothes are believed to suggest efficiency and sophistication, and therefore are often worn in the business world. Gray reflects neutrality, the calmness of mind, and emotional stability. Incorporate gray in your wardrobe when you wish to emphasize your neutrality and your willingness to comply. However, too much gray can suggest a lack of character, lack of initiative, lack of imagination, and extreme detachment. So introduce a hint of other color when wearing gray that reflects your individual preference and with that, you will show an efficient, reliable, and well-rounded character. Adding a touch of silver jewelry to your outfit will reflect style and elegance.

ATTRIBUTES OF SILVER

Silver is soothing, calming, and purifying. It is said to enhance patience and perseverance. The color silver has a feminine energy; it is related to the moon and the ebb and flow of the tides. It inspires intuition, clairvoyance and mental telepathy. It is believed to reflect any energy given out, whether it is positive or negative. Silver represents a time of reflection and a change of direction as it illuminates the way forward. It helps with the cleansing and releasing of mental, physical, and emotional issues, as it opens new doors and lights the way to the future. Silver may reflect a respectable and courteous, dignified, self-controlled, responsible, patient, determined and organized personality. It relates well to the corporate world and those in positions of responsibility, whether they are male or female. Those with a preference for silver are often seen as good critics, unbiased, and compassionate with a mature sense of justice.

COLOR HEALING WITH GRAY

Gray is the true neutral color. It has the ability to neutralize negative influences, erase intense emotions, and cool overheated situations. This color lacks warmth, emotions, and identifying characteristics; therefore gray can be restful and numbing for the mind and the body. Working with the color gray can help you uncover hidden problems and insecurities; it can be useful when you wish to neutralize the intensity of your surroundings and to silence your mind, in order to focus on what lies underneath the surface. Those with a preference for gray tend to be neutral, reserved people. They may be indifferent, non-expressive, and unwilling to expose themselves or to have obligations. Gray can suggest a refined and tactful personality, but too much gray can reflect a tendency to be depressed, fixed, and lifeless inside. When you find yourself surrounded by the color gray and feel the need to disappear into the background, ask yourself what you are hiding from and why?

GRAY AND SILVER IN THE HOME

Gray has a cooling, soothing effect with stabilizing and moderating qualities. It has the ability to reduce the intensity and effect of other colors. However, the metallic sheen of silver illuminates and reflects the energy of colors surrounding it. Silver/gray is best used as an accent color in a home, as it brings a crisp, sharp energy that can clear and center any space. Be aware that too much gray in the home may have a draining, depressing effect.

SOURCE:

Healing with Crystals and Chakra Energies by Sue & Simon Lilly, www.deeptrancenow.com/colortherapy, www.empower-yourself-with-color-psychology.com/color-silver, www.en.wikipedia.org/wiki/Gray



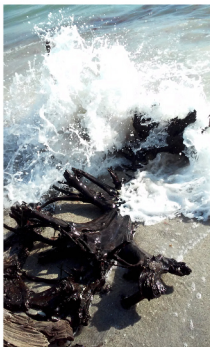
NOTE *from the Editor*

Another hidden gem I stumbled upon years ago is a place I call the "Driftwood Beach". It is a secluded part of a long stretch of pristine beach on Manasota Key, where seashells and shark teeth wash up, and magnificent driftwood pieces reign the shore.

It is located on the southwest side of Stump Pass Beach State Park. It is quite the walk from the parking lot, but it is well worth it! It can be reached by walking along the public beach all the way to the end or by taking the hiking trail to the tip of the island and then turning west onto the beach.

Throughout the years I have found that the *Driftwood Beach* is ever-changing. Because of the ebb and flow of the tides, it appears different every time: it may be wide one day, and then narrow the next time I am there. Often some of the driftwood gets washed away, and at other times more appears. Depending on the weather, it may look peaceful one day; then again it may seem mysterious or even intimidating when the weather turns stormy. It looks different in the morning and different at sunset. But every time I visited the *Driftwood Beach*, I found it breathtaking and well-worth the walk.

STUMP PASS BEACH STATE PARK, MANASOTA KEY



MANASOTA KEY

MANASOTA KEY is about a 90-minute drive away from Naples. It is located at the southwest corner of Charlotte County in Englewood, just about half an hour from Port Charlotte. On the South end of Manasota Key, Stump Pass Beach State Park offers a long stretch of undeveloped Florida coastline, providing homes for many species of wildlife and offering year-round swimming, fishing, boating, hiking, and shelling. It is the most serene beach among the four public beaches on the island. On the West side is the Gulf of Mexico, and on the East side is Stump Pass channel for kayaking and jet skiing with access to the Gulf. There's a hiking trail that passes through the park surrounded by mature vegetation, leading to the southernmost tip of the island, which offers excellent views of the Gulf of Mexico and Don Pedro Island.

SOURCE: www.floridastateparks.org

EDITOR'S NOTE:

I used to live on Manasota Key and I absolutely loved it! I enjoyed the simplicity and the laidback atmosphere of the 'island life'. I often visited Stump Pass beach while I lived on the island to take photos and to collect shark teeth and shells. I also took friends and family there when they were visiting. I still go as often as I can to enjoy the serenity and beauty of the park. And whenever I am there, I never miss the opportunity to take a stroll down to my "Driftwood Beach" and take at least a few photos.

Photography by Anna Krecicki



CONTENT IDEA BY SHAMAMA

BUILDING A SELENITE NETWORK

by Anna Krecicki

It all started with a very special Shaman Lady. For years she has been giving away Selenite hearts as gifts in the spirit of healing and caring. She believes that Selenite carries a peaceful and protecting energy that has to be shared. A student of hers, who is also a dear friend of mine, was so inspired by the Shaman Lady's kind actions, that she decided to start giving Selenite as a gift herself, to share the exceptional energies of this mineral with others. She felt that "everyone should have it".

She told me one day that she'd like to purchase Selenite necklaces to give to people and asked me if I would make them for her. She explained that the "sweet and loving energy" of Selenite could help so many people, anyone really, but since it would probably be the most beneficial by being close to the person, she thought it'd be best to wear it as a necklace. She said it's an excellent way to have the Selenite with her at all times and when she meets someone who may benefit from its energy, she gives it to them right then and there.

Being aware of the many physical, metaphysical, and spiritual benefits of Selenite, which happens to be my very favorite crystal, I was eager to help!

Now she purchases Selenite necklaces by the bulk and when she crosses paths with somebody whom she feels should have one, she simply takes the necklace off and gives it to them. I can barely keep up making enough Selenite necklaces for her to give away, but I am honored to be part of "spreading the Selenite Love".

Within a few months, a great number of people have been wearing these Selenite necklaces. They all are part of the Selenite network we are building. Her intent is to give the necklaces to as many people as possible, growing the network and raising the vibrational frequencies of each and every person in it. Moreover, her generosity has inspired even more individuals to do the same and pass on the necklaces to others who could benefit from the healing energies of Selenite.

I now have many customers and friends who come to the studio to get Selenite necklaces for the sole purpose of giving them away as gifts. I feel blessed to be able to make them and know that they affect so many people's lives—not only the lives of those who receive them, but also those who give them away. The vibration of giving, the pure spirit of love and hope, and just knowing that a simple Selenite necklace could help someone is what makes building this network so genuine.

The selfless and caring act of these kindhearted shaman ladies has touched many people's souls and has encouraged them to pay it forward to others.

Selenite necklaces are available at the White Lotus Studio - 5555 Taylor Rd. Unit C. Naples (See ad on p44)

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

In Focus: BREATHWORK

What is Breathwork?

by Carolyn Beauchamp, CHT

Breathwork is a highly personal, experiential process that uses breathing techniques to clear out physical, mental and emotional blocks or stresses. The origin of most human behavioral difficulties is rooted in very early childhood experiences. When we are young, we learn to suppress our emotions physically by tensing muscles and restricting the breath. Over time, this protective process becomes chronic and automatic, and we lose the capacity to experience and express emotions. This repression can sap our vitality and rob us of the ability to experience the positive feelings of love, joy and pleasure.

Breathing is the interaction between our inner selves and the surrounding atmosphere. When we breathe, we absorb, in addition to physical substances, the surrounding reality into our inner system. It is essential, therefore, both for physical and psychological well-being that our breathing is optimal.

Breathwork is both art and science. The art is about surrendering to and trusting your own process. It is about letting go, releasing control and getting the mind out of the way. The science is about techniques that support the surrendering. Breathwork is most effective when both art and science, the "being" and the "doing" are in balance. For personal growth and development, stress management, spiritual unfoldment, past life recall or as an adjunct to hypnotherapy, breathwork is a useful tool for bringing about permanent, positive life changes.

Contents of the above article are excerpts from the training material provided by the *Wellness Institute*, where Carolyn Beauchamp received her certification and Advanced Hypnotherapy training.

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

BREATHWORK CLASSES:

MONDAYS

at the White Lotus Studio
5555 Taylor Rd. Unit C. Naples

Cost: \$20

RSVP to inquirefl@gmail.com
or call Carolyn Beauchamp at 239-300-1633

www.inquirewithinfl.com



Crystal Therapy: **PYRITE**

ATTRIBUTES	Willpower, Creativity, Vitality, Confidence, Manifestation
ELEMENT	Earth
CHAKRA	Root/Base and Solar Plexus
MINED	USA, Peru, Russia, Spain, South Africa, Mexico

Pyrite is a powerful protection stone which shields and protects against all forms of negative energy, working on both physical and energetic levels. It can assist with overcoming fears, anxiety, and bad habits. Pyrite is believed to promote confidence and the courage to take action. It's said to stimulate the intellect and enhance memory, helping to recall relevant information when needed. It can also encourage the qualities of ambition, commitment, and perseverance. Pyrite aids one in seeing behind facades, promoting an understanding of what lies beneath words and actions.

Traditionally, Pyrite is known as a stone of luck, helping to attract abundance, wealth, and prosperity through its creative energies of manifestation and its encouragement of following one's dreams.

HEALING

Pyrite is thought to be effective for clearing the body of infection. It can also be used to bring a feeling of vitality during times of hard work, stress, or lethargy.

POSITION

Carry Pyrite in your pocket or wear as jewelry to protect you from environmental and electromagnetic pollution.

MEDITATION

Holding Pyrite in each hand during meditation can bring an instant rebalancing of the chakras and a refreshing burst of energy for the physical body. Also, the grounding abilities of Pyrite allow higher frequencies to be integrated into the physical body during meditation.

SOURCE: www.healingcrystals.com; *The Book of Stones* by Robert Simmons & Naisha Ahshan

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

Bali

CONTENT IDEA BY PETER GERESDI



PART 1

NOTE *from the Editor*

Most of us remember Bali from the movie "Eat, Pray, Love" with Julia Roberts. And what a magical place it seemed! When I found out that my brother and his wife were planning a visit to Bali, I got very excited for them. I must admit I wished I could have dropped everything and joined them, but I had to settle for sharing their experience through their travelogue and the beautiful photos they took.

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, 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

AMAZING PLACES

Near & Far

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

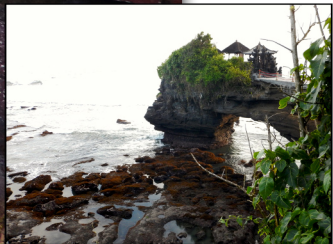


PHOTOGRAPHY BY PETER GERESDI



Holy Spring Water Temple, Ubud







Space Salad Anyone?

- NASA Astronauts Take First Bites of Lettuce Grown in Space

SOURCE: theguardian.com

The Guardian reports, that for the first time in human history, astronauts ate vegetables grown in space on the International Space Station as part of NASA's Veggie experiment.

At 11:46 a.m. UCT on Monday, August 10, 2015 the crew of the International Space Station sampled the first space-grown produce. "It was one small bite for man, one giant meal for mankind", writes Alan Yuhas, Guardian reporter.

Astronauts Scott Kelly, Kjell Lindgren and Kimiya Yui aboard the International Space Station tasted romaine lettuce harvested from their on-board Veggie plant growth system. The Guardian explains that "the experiment, officially called Veg-01 but nicknamed Veggie by NASA, is meant to study plant growth in a micro-gravity environment and to improve the methods that could grow produce in orbit."

"Growing food will be critical to future long-duration spaceflight," NASA's Tabatha Thompson told the Guardian. "So this is an important experiment not just for life on the space station but also for future deep space missions on our journey to Mars," she said.

Based on statements from NASA spokesperson Stephanie Schierholz, Yuhas writes that the Veggie experiment could "help NASA break free from the limits of resupply flights, which can become increasingly difficult – if not impossible – as missions venture farther from Earth."

Freshly grown produce could also "provide valuable health benefits for astronauts who otherwise rely on packaged goods that can endure the stressful conditions of space", explains Yuhas. He quotes NASA life support researcher Ray Wheeler who states that having certain vegetables available in space could have a positive impact on astronauts' moods and could also provide some protection against radiation in space.

The crew reported that having plants around was very comforting and helped them feel more at home and less out of touch with Earth. Upon tasting the first lettuce grown in space, the verdict was: "Tastes good. Kinda like arugula." The astronauts approved the harvest with comments such as "That's awesome.", "Good stuff!", "It's fresh.", and "That was cool." Having the first space salad in human history is very cool indeed!

Watch video and read full article at:
www.theguardian.com/science/2015/aug/10/nasa-astronauts-lettuce-vegetables-grown-space.



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.

You can make a one-time contribution of \$10 or you can help out on a monthly, reoccurring basis.



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.

You can make a one-time contribution of \$40 or you can help out on a monthly, reoccurring basis.



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.**





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

- Anna Krecicki, PUBLISHING EDITOR

The Tree of CONSCIOUS LIVING



Each leaf of this tree represents an individual or a business that is inspired by and is a supporter of White Lotus Magazine.
If you'd like to participate, please see details on page 27.

Essential Oil of the Month: *Tea Tree* (*Melaleuca alternifolia*)

by Bethanny Gonzalez, Certified Aromatherapist



Tea tree oil is produced by steam distillation of the leaves of the *Melaleuca alternifolia* tree, which only grows in Australia, native to the New South Wales region. Various dilutions of Tea tree oil have been found beneficial in the treatment of abrasions, minor cuts, arthritis, asthma, athlete's foot, bladder infections, bronchial congestion, minor burns, dandruff, dry skin, earaches, acne, eczema, head colds, lice, warts, hives, shingles, and more.

AROMA: Spicy, fresh, sharp, camphor-like

PROPERTIES: Anti-viral, anti-bacterial, anti-fungal, expectorant

PLANET: Moon/Mercury

CHAKRA: Throat Chakra

SPIRITUAL ASPECTS: Encouraging Strength



Gaia's Healing Gifts
Tea Tree Essential Oil

www.gaiahealinggifts.com

BENEFITS for Skin Care

- Has proven effective in treating skin infections
- Can help clear blemishes, cold sores, and lesions
- Treats fungus on the toenails and skin
- Aids the treatment of acne
- Helps heal burns, cuts, and insect bites

HEALTH BENEFITS

- One of the most extensively researched essential oils
- Helps bring up mucus and other material from the lungs
- Immune-stimulant: it helps to build powerful resistance to infection
- Has an affinity with respiratory systems
- Helpful with yeast infection (*Candida albicans*)
- Beneficial for colds and flu
- Works as antiseptic for external and internal wounds
- Has anti-bacterial, anti-viral and anti-fungal properties

EMOTIONAL USES

- Eases mental stress
- Purifies the mind and body of emotional wounds
- Can help release guilt and shame

METAPHYSICAL USES

- Add to any talisman or amulet to encourage strength
- Used for aura cleansing, protection, purification, to open mental channels and to bring mental clarity.

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 Multi-Surface Disinfectant

- 3 cups Water
- ½ cup Vinegar
- 7 drops Tea Tree Oil
- 7 drops Eucalyptus Oil
- 7 drops Lemon Oil
- 7 drops Lavender Oil

Put in spray bottle and use as needed.
Spray on counters, table or floor and wipe with a damp towel.



With Love and Light,

Bethanny
Gaia's Healing Gifts

Did you know?

- *Tea Tree* was named by Captain Cook who brewed the leaves as a tea for his sailors.
- *Tea Tree* oil was part of first aid kits during World War II and was used to treat wounds.
- Australian Aborigines also used *Tea Tree* to treat infection, burns, cuts, and bug bites.



Goddess I AM

HEALING & ARTS
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Naples, FL 34102

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 LABOR DAY	8	9	10	11 PATRIOT DAY	12
13 NEW MOON PARTIAL SOLAR ECLIPSE (Not visible in the U.S.)	14	15	16	17 ☿ Mercury in Retrograde	18 ☿ Mercury in Retrograde	19 ☿ Mercury in Retrograde
20 ☿ Mercury in Retrograde	21 INTERNATIONAL DAY OF PEACE ☿ Mercury in Retrograde	22 ☿ Mercury in Retrograde	23 SEPTEMBER EQUINOX Yom Kippur ☿ Mercury in Retrograde	24 ☿ Mercury in Retrograde	25 ☿ Mercury in Retrograde	26 ☿ Mercury in Retrograde
27 ☿ Mercury in Retrograde	28 ☾ FULL MOON SUPERMOON TOTAL LUNAR ECLIPSE ☾ Mercury in Retrograde	29 ☿ Mercury in Retrograde	30 ☿ Mercury in Retrograde	 <p>September 28 FULL MOON, SUPERMOON</p>		



THE ASTROLOGY COMPANY

BOB MULLIGAN

Box 9237
Naples, FL 34101

Phone (239) 261-2840
Fax (239) 435-0967

Email bobmulliga@aol.com
www.theastrologycompany.com

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



September 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 06:41 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.

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 02:50 UTC. This full moon was known by early Native American tribes as the Full Corn Moon because the corn is harvested around this time of year. This moon is also known as the Harvest Moon. The Harvest Moon is the full moon that occurs closest to the September equinox each year. This is also the second of three supermoons for 2015. The Moon will be at its closest approach to the Earth and may look slightly larger and brighter than usual. This will be the closest full moon of the year.

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.

SEPTEMBER HOROSCOPE

It seems that September 2015 will be a dynamic, passion-filled month, with surprising changes and challenges. According to eastrolog.com, three planets change the direction of their motion this month: Mercury becomes retrograde, while Venus and Pluto change from retrograde to direct motion. These events can "create a predisposition toward rapid and unpredictable evolutions, sudden events. They also bring a predisposition toward short tempers and impulsive reactions."

"We'll also experience a Sun eclipse (September 13, 2015) and a Moon eclipse (September 28, 2015). Both eclipses can bring surprises, as eclipses generally tend to do."

More significantly, the effects of the Jupiter-Neptune opposition will be felt for the whole month of September: It "could bring promising perspectives leading to wrong tracks, unrealistic hopes, rather nebulous moral or spiritual conceptions, financial difficulty or loss, risk of being swindled or stolen from, issues regarding morality, image, lack of moderation, greed, excess, and waste."

SOURCE: www.eastrolog.com/monthly-horoscopes

The Orion Nebula DEEP SPACE PHOTOGRAPHY by Sandor Geresdi



Sandor Geresdi

CONTRIBUTION OF:



September 28
TOTAL LUNAR ECLIPSE
BLOOD MOON

A total lunar eclipse occurs when the Moon passes completely through the Earth's dark shadow, or umbra. During this type of eclipse, the Moon will gradually get darker and then take on a rusty or blood red color. The eclipse will be visible throughout most of North and South America, Europe, Africa, and western Asia.

METAPHYSICAL ASPECTS

During this Blood Moon, one may expect extremely strong determination and willpower to expand and learn, a super heightened sense of intuition, and an awakening of psychic abilities. It is believed, that this is the time when the veil between our world and the spirit world is at its thinnest. Use this time for spiritual growth.

SOURCE:

www.seasky.org
www.cafeastrology.com
www.mindbodygreen.com
www.marspurpose.com
www.timeanddate.com
www.spiritscienceandmetaphysics.com



September 23
SEPTEMBER EQUINOX
FALL BEGINS

The September Equinox occurs Wednesday, September 23, 2015 at 08:22 UTC. The September equinox occurs the moment the Sun crosses the celestial equator – the imaginary line in the sky above the Earth's equator – from north to south. It is also known as the Autumnal (fall) equinox in the northern hemisphere, it's known as the Spring (vernal) equinox.

www.timeanddate.com



SEPTEMBER 17 - OCTOBER 9
MERCURY IN RETROGRADE

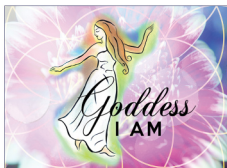
Three, and sometimes four times a year, the planet Mercury appears to be moving backwards in the sky for a period of approximately 3 weeks. Retrograde cycles are essentially illusions that result from our point of view from Earth. Simply because the Earth is also orbiting the Sun at a different speed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

METAPHYSICAL ASPECTS

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

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

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



Goddess I AM Healing & Art Center has moved!

We have had a great year and felt the need to expand. So we have recently moved to a larger unit within our same plaza. Part of our reasoning to make this move was to be able to provide a dedicated and separate space for events, workshops, and classes. Come see for yourself and feel the energy of this gorgeous new space we created!

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

Ongoing Events

MONDAYS

7PM - 9PM

BREATHWORK WORKSHOP w/Carolyn Beauchamp CCHt. - at the White Lotus Studio. Join us for a night of personal growth, spiritual unfoldment, and stress management. Clear out physical, mental, and emotional blocks with the help of these special breathing techniques Carolyn will teach you, bringing about permanent and positive life changes. **\$20** Limited space available, please RSVP at (239) 300-1633 or at carolynbeauchamp@gmail.com 5555 Taylor Rd. Unit C, Naples.

WEDNESDAYS

7PM - 9PM

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

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

SEPTEMBER 2015

SEPTE 8 TUESDAY

6:30PM - 8PM

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

SEPTE 10, 17, 24 THURSDAY

6:30PM - 8PM

TAROT CARD READING CLASS with Bethanny Gonzalez - at Goddess I AM Healing & Art Center. Learn the basics and more in this intimate and informative class. Meets once per week for 3 weeks. 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.

SEPTE 10 THURSDAY

6:30PM - 8:30PM

SOUND CONCERT with Robert Austin - at Goddess I AM Healing & Art Center. Join us for the healing tones of the Crystal and Tibetan bowls, played masterfully by Robert. The tones will help you to travel deeper and go further as you open up channels of energy which will flow thru your chakras. **\$25**. Pre-pay to reserve your spot. We limited space so reserve early! 600 Goodlette Rd. N. Naples. 239-228-6949.

SEPTE 11 FRIDAY

5AM - 8PM

EVENING PSYCHIC FAIRE - at Goddess I AM Healing & Art Center. Come for Mini-Readings with our experienced readers. We offer Angelic, Tarot, Psychic, Past Life, & Animal/Pet readings plus meet your Angels, meet your Animal Spirit Guide. **\$20** for 15 minutes. You can call and pre-book your appointments. 600 Goodlette Rd. N., Naples. 239-228-6949

SEPTE 15 TUESDAY

12PM - 2PM

ROCKIN' CRYSTAL CLASS - at Goddess I AM Healing & Art Center. Come learn about how to use the gifts of the Earth for healing, balancing, protection, and more. Everyone will receive a bag of crystals to take home! **\$20**. 600 Goodlette Rd. N. Naples. 239-228-6949.

SEPTE 15 TUESDAY

7PM - 8PM

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.

SEPTE 18 FRIDAY

7PM - 8:45PM

CHANNELING Archangel Michael & the Esseneries of Light w/Candyece - at Goddess I AM Healing & Art Center. Join us for an exciting evening of Trance Channeling by our favorite Psychic-Medium! Hear the messages of Archangel Michael and the Light Beings through ultra-trance channel, Candyece Strafford. Very personal, emotional, and physical healings can take place. A beautiful, uplifting evening. **\$35**. 600 Goodlette Rd. N. Naples. 239-228-6949.

SEPTE 19 SATURDAY

11AM - 4PM

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

SEPTE 26 SATURDAY

1:30PM - 2:30PM

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.

SEPTE 26 & 27 SATURDAY & SUNDAY

7PM - 8:45PM

RED TENT RETREAT - at Goddess I AM Healing & Art Center. This is a women's gathering to honor the Divine Feminine within. We will be going into the deep, powerful parts of ourselves to open up the channels of wisdom and value inherently there. We will do this thru meditation, contemplation, art, movement, laughter, storytelling and journaling. Two full days of women supporting women as they blossom into a more authentic expression of themselves! Vegetarian meals provided, snacks and beverages. Call for more information and to sign up. Limited number of spaces for this amazing event. 600 Goodlette Rd. N. Naples. 239-228-6949.

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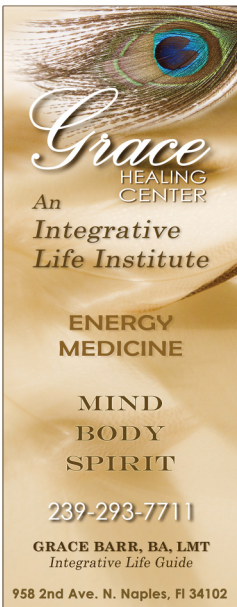
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TIPS
for Pet Owners



What Can You Do When Your Dog Is Afraid of Storms?

- Connie Myers, Naples

During the summer months, many dogs experience "storm phobia". In most cases it starts out even before the first clap of thunder. The most common signs are pacing, panting, whimpering, clinging to their owners, or hiding. Often the anxiety can get even more severe. In extreme cases, they could claw walls, chew carpets, or break through windows in their escalating panic. According to WebMD for pets, the triggers could be set off "by some combination of wind, thunder, lightning, barometric pressure changes, static electricity, and low-frequency rumbles preceding a storm that humans can't hear."

There are a couple of things you can try to help reduce your dog's distress during storm season:

PET TIP #1:

Create a 'safe space' for your dog.

Dedicate a 'safe space' for your dog where he can go during the storm, such as a crate, an interior room with music playing, or a bathroom. **NOTE:** Be sure your dog can come and go freely, since some animals become more anxious if confined.

For more information, visit:

www.pets.webmd.com/dogs/features/dog-storm-phobia



PET TIP #2:

Reward calm behavior.

Try distracting your dog by offering his favorite toy, playing with him, and offering treats as he becomes and remains calm. **NOTE:** Trying to pet a fearful dog that's whimpering or climbing on you during a storm may just encourage the panicky behavior.

For more information, visit:

www.pets.webmd.com/dogs/features/dog-storm-phobia

PET TIP #3:
Try Sound Therapy.

According to www.care2.com, sound therapy has been very effective in helping dogs with mild to severe storm phobia issues. They suggest *Music to Calm your Canine Companion* by *Through a Dog's Ear*. They explain that the sound track "includes classical selections with psychoacoustically designed changes that are clinically demonstrated to relieve canine anxiety issues. It is usually most effective when you first play the music well before the thunderstorm starts, at a time the dog is feeling peaceful and relaxed. He will begin to associate the music with being calm and content."

Read more: www.care2.com/greenliving/6-tips-to-help-your-thunder-phobic-dog.html



PET TIP #4:
Use natural stress relief, like flower essences.

One of the many uses of flower essences is stress relief for your pets. Try *Quiet Mind* or *Inner Peace* mist from the LOTUS WEI Flower Essence collection as soon as you notice the first signs of storm phobia.

For more information, call Connie at 239-404-8892.



PET TIP #5:
Communicate with your pet through visualization.

- Kathy Zablotzky, Animal Communicator, UK

Our pets often seem to know what we are thinking before we know it ourselves, because they can pick up on images in our minds. We can use this to help them.

When you notice that your pet is afraid of a storm, try to visualize what will most likely happen: it will rain, the wind will blow, there will be lightning, but you will be there with him and he will be safe. Then show him the storm passing and him being rewarded for his calm and brave behavior.

You can use this technique in other situations as well. If your pet is at the vet's office and is being taken to the back for tests, ask your vet to explain exactly what they will be doing. If it's a blood test, for example, they may tell you that they will shave a bit of hair from your pet's leg and then take two blood samples. Before they take your pet, visualize for him what is going to happen, so that he can understand. Show him the shaving of his leg and taking the blood samples, then bringing him back to you for a happy reunion. When our pets understand what is going to happen, it is much less stressful for them.

For more information visit: ispeakwithanimals.com

Disclaimer: These tips are for informative purposes only.



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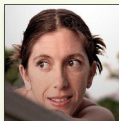
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