



White

SW Florida Edition

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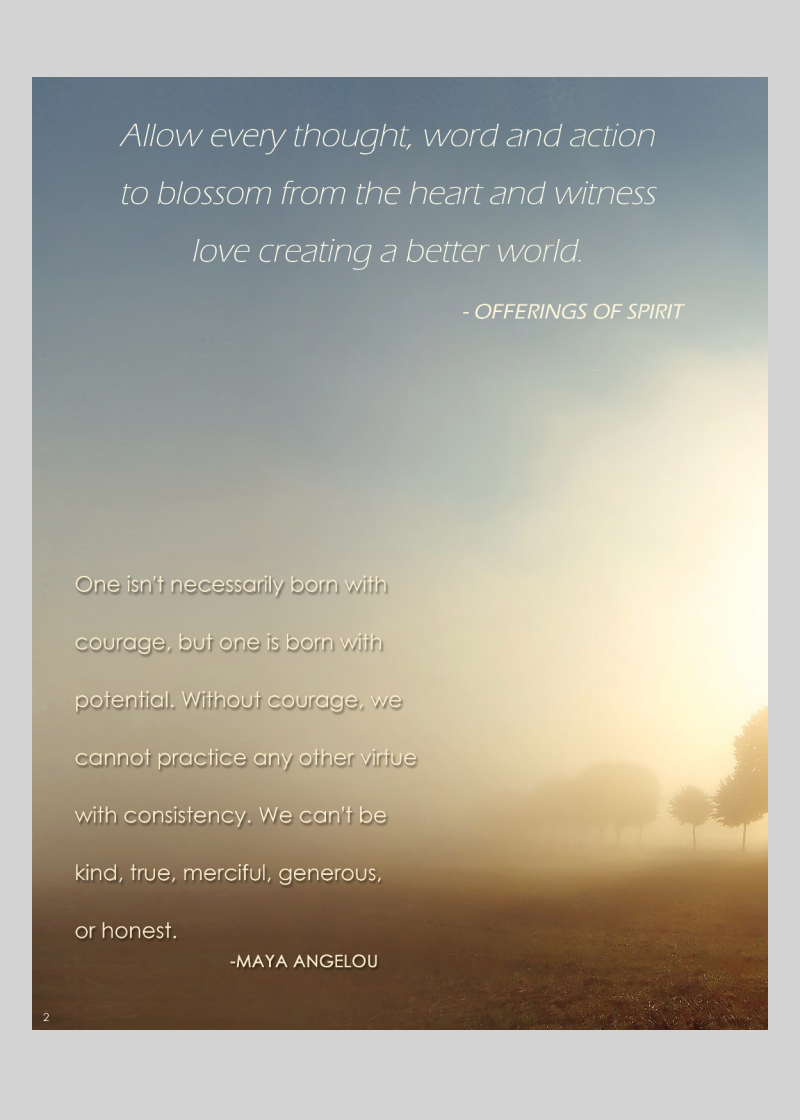
JANUARY 2015

Lotus
magazine



Harmony

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

One isn't necessarily born with
courage, but one is born with
potential. Without courage, we
cannot practice any other virtue
with consistency. We can't be
kind, true, merciful, generous,
or honest.

-MAYA ANGELOU

The Shaman's Whispers are monthly bits of wisdom inspired by Native American teachings.

This month's wisdom is based on the Ponca teaching: *Go Forward with Courage.*

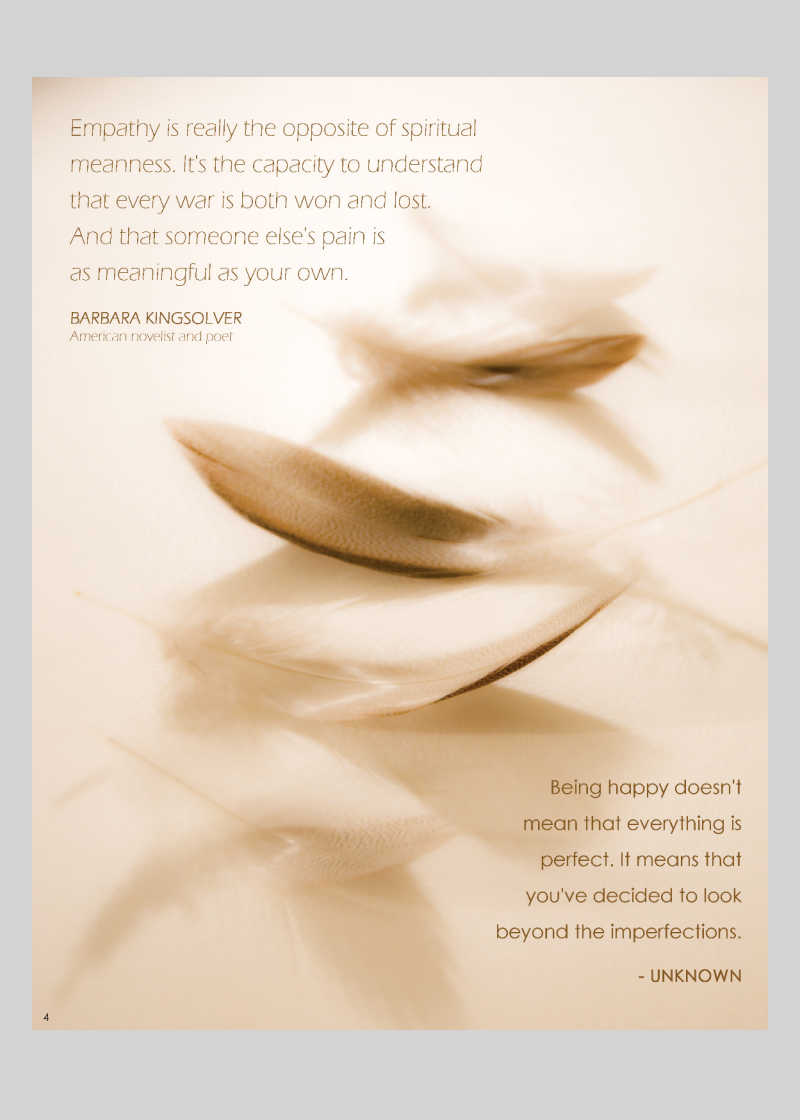
WISDOM

FOR THE MONTH
OF JANUARY

The Shaman's Whispers

*Be still when you are in doubt,
and wait. Be still as long as
mists of doubt envelop you.
Be still till the sunlight pours
through and dispels the mists
- as it surely does.
Then act with courage.*

Offerings of the Shaman Lady.



Empathy is really the opposite of spiritual
meanness. It's the capacity to understand
that every war is both won and lost.
And that someone else's pain is
as meaningful as your own.

BARBARA KINGSOLVER
American novelist and poet

Being happy doesn't
mean that everything is
perfect. It means that
you've decided to look
beyond the imperfections.

- UNKNOWN

*"Silence is God's first language;
everything else is a poor translation."*

- THOMAS KEATING
American Author
and Trappist monk

STILLNESS

Spiritually speaking, stillness is another word for inner peace or tranquility. It doesn't necessarily mean being in silence, more so silencing our thoughts. Being still is to be in harmony with and aware of all that surrounds us, and to be at peace with all that is. It is this stillness that we find in nature that calms our soul. It is the serenity that fills our whole being when we sit on a mountain top or take a walk in a forest or on a beach. It is the gaps of silence between the sounds of our turbulent world. It is the calmness and peacefulness we feel during meditation when we are free of thoughts. Allowing ourselves to be still will help us connect with our higher self, that which is beyond form, thought, and beyond ego. Experiencing the act of being still is to be conscious without thoughts. Embracing stillness and inviting inner peace into our lives will allow us become one with Spirit. When we are still, we are who we are beyond our earthly existence: we are consciousness - formless and eternal, just like the Universe itself.

SOURCE OF INSPIRATION:
A New Earth – Awakening to Your Life's Purpose
by Eckhart Tolle



"We are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

The essence of White Lotus Magazine is to inspire positive thinking, natural health, and personal growth. Our intent is to gather information that can help our readers on their paths 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. If you'd like copies at your location, please contact us. We welcome your comments and suggestions.

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www.WhiteLotusMagazine.com

NOTE *from the Editor*

The course of life is ever unique. Whether it is the process of giving life to an article, a new friendship, a new job, or to a new day, the distinct details of the process are never identical. No day is a duplication of the last just as one being's daily experiences are ever distinguishable from another's. The uniqueness of life is a constant. Such is the creation of each issue of White Lotus Magazine. Our monthly publication process is consistently unique. Each article has its own individual story both on the printed page, and behind the scenes in relation to how it came to be. The collection of individual articles melds into an issue that may be similar in a few aspects to, but is ever so different from, each of the previous White Lotus Magazine issues. Each issue takes on a life of its own.

Consistent among all creative endeavors is the harmony within which each of the individual details resonates collectively. As in music where the high notes and the low notes combine with the middle notes to create synchronicity, the synergy of the elements in life makes the oneness of all things evident. Once the harmony becomes apparent, (was it there all along, just waiting for our recognition of it?), the path we took to get there suddenly makes sense. Harmonic resonance may or may not enhance our in-the-moment existence based on how we choose to view it. Whether we consciously practice blessing-spotting, or we choose to live in a way that emphasizes problem-spotting makes all the difference. As part of this harmonic totality, the choice to become (gladly) swept up in walking with the surrounding beauty and the feeling of harmonic oneness is always available.

Allowing the natural cycles of daily life to flow creates a harmonic symphony for those who choose to live consciously and hear the "music". May we all be blessed with many opportunities to witness harmony.

SE Muller

COVER PHOTO by Anna Krecicki



JANUARY



Table of Contents

- 10 RETURN TO BALANCE
by Susanna Tocco
- 12 IN FOCUS: MEDICAL QIGONG
by Susan DeFlavio Winters
- 15 10 SIMPLE THINGS YOU CAN DO TO BRING CHANGE INTO YOUR LIFE
- 16 COLOR THERAPY: GREEN
- 18 CRYSTAL THERAPY: LABRADORITE
- 20 AN OPEN LETTER TO DAVID BRONNER & THE GMO LABELING MOVEMENT
by Alan Smithie
- 23 LIME JUICE COULD SAVE HUNDREDS OF THOUSANDS OF LIVES
by Sayer Ji
- 31 CHAKRA REVIEW: HEART CHAKRA - THE CENTER OF BALANCE
- 32 ASTRO CALENDAR
- 33 LOCAL NEWS & EVENTS
- 35 LOCAL BUSINESS DIRECTORY
- 26 HE DIDN'T THINK THAT HE COULD DO IT... BUT HE DID
by Deb Farha
- 28 REINVENTING SPAGHETTI AND MEATBALLS
by S.E. Muller
- 29 A SHIFT IN PERSPECTIVE ON FITNESS
by Patti Reed
- 30 ESSENTIAL OIL OF THE MONTH: LAVENDER
by Bethanny Gonzalez

Ocala National Forest



*If you would know
strength and patience,
welcome the company of trees.*

- HAL BORLAND

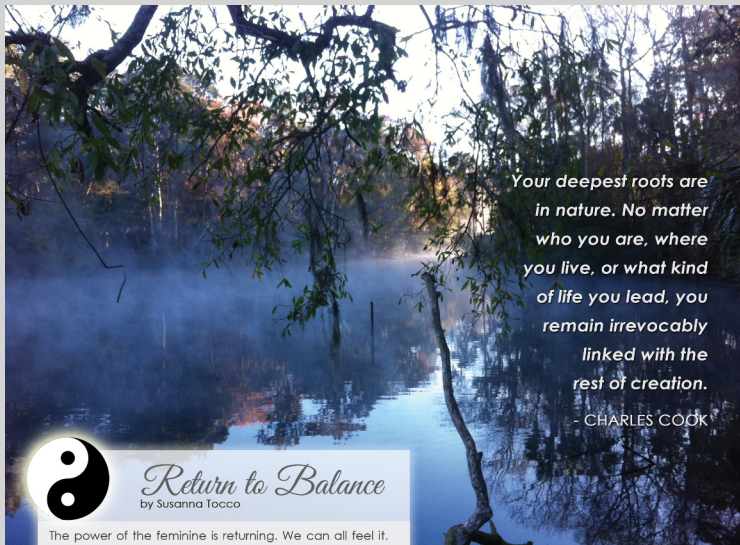


What is tolerance?

It is the consequence of humanity.
We are all formed of frailty and
error; let us pardon reciprocally
each other's folly - that is the first
law of nature.

— VOLTAIRE





*Your deepest roots are
in nature. No matter
who you are, where
you live, or what kind
of life you lead, you
remain irrevocably
linked with the
rest of creation.*

- CHARLES COOK



Return to Balance

by Susanna Tocco

The power of the feminine is returning. We can all feel it. The energy of male domination is shifting. This is not a feminist statement; this is just the order of balancing the energies. It is Yin and Yang.

When we look at the Yin and Yang symbol we see that there is a black side and a white side. But within each half is a circle of the opposite color, symbolizing that within each energy there is a bit of the other. It is not so much about opposites, but rather about having completeness. We cannot be in balance if we ignore the opposite force. In order to be of complete balance we must honor both the male and female energies of our Universe. Without Yin there isn't Yang. Without light, there is no shadow.

This understanding of duality is seen in Vedic traditions, pagan and many other ancient cultures. It is time to reclaim this concept within ourselves. Let us move away from the belief that one side is better than the other and come into balance. It is not *more* God than it is Goddess and vice versa. Even our shadow sides are part of our balance. We need to move back to seeing our Universe as Yin and Yang, so that harmony can be restored. Beginning today, recognize both energies that run through you. Tap into the being of your true self.

PHOTOGRAPHY by Paula Terry



Chassahowitzka River, FL



Susanna Tocco, LMT, FS, CYT has a long and varied history with the healing arts. From the commencement of her journey in 1994 to the present day, she has long sought to understand the world around her through spiritualism. Susanna is the owner of **Anahata Holistic Healing & Spiritual Center**. (See p40.)

Grand Qigong Master Ou Wen Wei

COMING SOON
to Naples and
Bonita Springs
March, 2015

For reservations and
more information
call Susan Winters at
239-340-1036.

Schedule



Date	Time	Requirements	Cost	Location
March 12, 2014	9-5:30p	Private Healing Sessions	None	70.00 822 Anchor Rode Dr, Naples
March 13, 2014	9-5:30p	Private Healing Sessions	None	70.00 822 Anchor Rode Dr, Naples
	7:30-8:30p	PGSG Moving Form Instructor Course.	6 months of Moving & Non-moving daily	380.00 TBA
March 14, 2014	9:10:00	Spiritual Cultivation (Lecture)	None	50.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 14, 2014	10:30-12noon	PGSG Foundational Qi Cultivation Form: Participants learn a Qigong Form that cultivates Qi to develop a strong energetic Body, healing the body from illness & injury to facilitate & maintain optimum health	None	120.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 14, 2015	1-2:15p	Non-Moving Form: Participants learn a Qigong form that cultivates energy for the different structures & functions of the brain & Central Nervous System to develop stronger sensory & cognitive function; improving memory, creativity, & also good for improving spinal cord conditions. Enhances spiritual development	Moving form	120.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 14, 2015	2:30-3:45p	PGSG Qigong healing Skill Development Healing Skills are taught to those interested in helping others recover from a wide Range of health conditions & / or injuries. Using both in person or distant healing Skills. This course assists both beginners & advanced practitioners improve their healing abilities; retakes are strongly encouraged	Moving Form	150.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 15, 2015	1:30-3pm	PGSG Intuition Development: Master Ou sends energy focused on the different structures in the brain to facilitate the development of intuitive abilities, participants receive a profound deep healing physically and spiritually, and Master Ou shares information he received during his personal development. New information is shared with each class.	Non-Moving Form	60.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135
March 15, 2015	3:30-5pm	PGSG Advanced Condensed Form: This course has been designed for those who have been diligently practicing both the Foundational Qi Cultivation Moving Form & Cognitive sensory Development Non-Moving Form everyday for 6 months. Practice is necessary for 6 months to allow the body to absorb Qi at this accelerated rate. This form will cultivate Qi @ a rate 3x's faster than the Foundational Qi Cultivation form	Moving & Non-Moving Form	150.00 Unity Church, 28285 Imperial Pkwy, Bonita Springs, Fl 34135

Ou Wen Wei is well known as a qigong master, an author, a poet, a musician, and a calligrapher. He is the originator of Pangu Shengong (also known as Pan Gu Mystical Qigong) and serves as the president of the Pangu Shengong International Research.

After intensively studying ancient Chinese ways of preserving health, in 1990 Master Ou, in order to enable practitioners to absorb the life force of the universe and to temper and improve their own life force and immune systems, created Pangu Shengong, based on the physiology of the human body and the miraculous relationship between human beings and nature. Since then, Pangu Shengong has successfully treated many students with ailments such as cancer, heart disease, diabetes, rheumatoid arthritis, apoplexy, lupus erythematosus, and others.

For more information, visit
www.pangushengong.org

In Focus:

Medical Qigong

Calligraphy by Master Ou



"Take kindness and benevolence as basis. Take frankness and friendliness to heart."

Chinese Energetic Medicine: An Ancient Healing Art of Qigong

by Susan DeFlavis Winters

The doctor opens up the patient's chart and says: "I am sorry, it is not good... There is nothing we can do, but hopefully slow down the progression." How many times have you heard of this experience? Possibly yours, a friend's or family member's? But could it be possible that the body and the mind have the power to slow the progression or even heal illness? Many believe that the answer is yes: through the ancient healing arts of Qigong.

According to Dr. Jerry A. Johnson, documents of the existence of Qigong dates back 5000 years. Ancient Chinese physicians determined through assessment, treatment, and evaluation that the system of Qi¹ is what everything is energetically composed of. "Qi is always in motion, within all things, and is the catalyst for everything to relate and interrelate in the universe" (Johnson, 2000, p.3). Qigong is a way of affecting and directing Qi. It is the art of using breathing techniques, gentle movement, and meditation to cleanse and strengthen the flow of Qi. Practicing Qigong is believed to lead to better health and vitality and a peaceful state of mind.

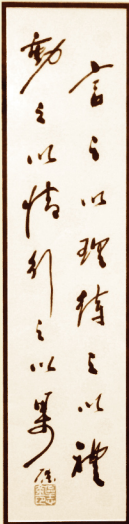
Chinese Energetic Medicine (Medical Qigong) is a specific form of the healing arts of Qigong. It is considered one of the four branches of Traditional Chinese Medicine and is known and used as a main form of medical treatment in the Qigong hospitals in China. This practice blends Chinese Medicine's shamanistic roots with its more contemporary standards of practice. This treatment modality balances the patient's body, mind, and spirit. Specific knowledge and techniques are used to balance the patient's internal and external Qi fields. The practitioner assesses the energy, and then treats via intent, Qi manipulation, and patient education. The patient is taught during treatment to practice breath, exercise, and visualization; also including "homework" and appropriately modified lifestyle to accomplish the desired results.

Chinese Energetic Medicine is not intended to replace Western medicine, but has been shown to be beneficial as a complimentary modality. Many have chosen to utilize it as an alternative treatment to Western medicine, and it is frequently used prophylactically to prevent an imbalance pattern from initial occurrence, and also to slow the progression of disease and additional symptoms within an existing pattern. Chinese Energetic Medicine is considered a medicine of the whole person, working on all levels of the patient (like in all Chinese Medicines). As with any complimentary protocol, it should be coordinated with primary care to ensure balance and avoid sabotaging the primary treatment.



*"Speak with reason.
Treat with courtesy.
Act with emotion.
Accomplish results."*

Calligraphy by Master Ou



RESEARCH STUDY

The Following is a research study that was performed in Beijing, China in 1976 demonstrating the effects on the brain using emitted Qi by Masters in Qigong:

According to Professor Liu Guo-long, MD, P.H.D., and Richard Lee, Beijing College of Traditional Chinese Medicine, research performed on Emitted Qi from Masters in Qigong was measured by EEG Power Spectrum analyzer. The summary of the results are as follows:

"A strong effect on the central nervous system, not only in humans but also animals". "Emitted Qi had a pronounced and repeatable effect on EEG. It enhances the frontal and occipital EEG power spectra, and often enhances the frontal so much that the frontal becomes the dominant EEG activity, whereas occipital dominance is more common. Emitted Qi also enhances and synchronizes the alpha [waves]". The researchers argue "Qigong Masters can, without touch, voice, eye contact or any other communication means, induce a clear, strong, and highly measurable change in a subject's brain function". "A synchronization of alpha rhythm indicates deep relaxation, and is closely associated with accelerated healing. Enhanced power spectrum in the frontal lobe is especially significant because the association cortex of the frontal lobe is concerned with higher motor action, higher sensory function, emotional and motivational aspects of behavior, and integration of autonomic function. Facilitation of the brain stem, with its regulation of internal organs, may be a mechanism by which physical healing is induced or accelerated" (Liu Guo-long, Richard Lee, p1-4).

There are numerous Qigong studies that have been researched showing the application of Qigong on degenerative diseases and chronic conditions to be extremely effective.

According to Grand Qigong Master Ou Wen Wei (Wen Wei Ou, 2008), along with specific qigong practice, our thinking and conduct play a key role in the body's ability to remain peaceful and calm. Master Ou believes that being in this state assists the body in repairing itself. The key to Master Ou's form "Pangu Shengong" is written in his two calligraphies seen on the previous page:

"Take Kindness and Benevolence as basis" means to deepen the love inside you, not just for you, but for everyone around you. "Take Frankness and Friendliness to heart" means speak up but practice doing it nicely. "Speak with Reason" means speaking and seeing all good and all positive: We can see the good in every experience, which will create a peaceful and grateful mindset. "Act with Emotion" means to act with compassion. And last "Accomplish Results", meaning to do it. This mantra is a constant reminder of how we should think and live our daily life.

"Qi is an active principle forming part of any living thing. It is the circulating life force whose existence and properties are the basis of most Chinese Medicines and philosophies. Qi is frequently translated as "life force", "natural energy", or "energy flow".

Disclaimer: This article is proposed for informative purposes only. It is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of the author.

"Qigong is a unique system of energy cultivation, incorporating matter and spiritual characteristics to achieve an innate balance of energy. It is an effective way to absorb Qi from the universe, including core energy and basic elements (the fundamental particulate materials essential to life), which fight disease and improve health." - Grand Qigong Master Ou Wen Wei



Calligraphy representing "Qi", created by Master Ou.



In Clinic A of the Five Branches Medical Qigong Clinic, patients with less serious conditions (e.g., hypertension and migraine headaches) are encouraged to relax on one of the treatment chairs.



In the main treatment area (Clinic A), patients are categorized according to the severity of their condition. For serious conditions (e.g., multiple sclerosis) patients are encouraged to lie on the treatment tables.

REFERENCES:

- * Johnson, J. A. (2000). Chinese Medical Qigong Therapy. Pacific Grove, CA: Institute of Medical Qigong Publishers.
- * Liu Guo-long, MD, PhD & Lee R. (1976). Intrasonic Stimulation of Emitted Qi from Medical Qigong Masters, pp.1-4. Beijing College of Traditional Chinese Medicine with Richard Lee
- * Ou Wen Wei (2008). Pangu Mystical Qigong. N. Hollywood, CA: Unique Publications

Susan DeFlavis Winters will be a guest speaker at the Food & Thought Health Freedom Summit coming this February. (See event details on page 23)

Susan DeFlavis Winters R.N., B.S.N., MMQ (China), is a Shamanic healer, Master in the healing arts of Qigong, and specializes in Chinese Energetic Medicine. Susan is an award winner of the 2008 International Conference on Health and Longevity, Beijing, China. She was awarded for her "outstanding contribution in Qigong to the world". Susan practices in Naples, FL, and can be reached at 239-340-1036 or pangusw@gmail.com for a scheduled appointment.



Embrace Change

A new year brings new beginnings. This is the time of the year when so many of us make resolutions to change our lives. Big or small, we wish to see change nonetheless. Some of our New Year's resolutions might be simple desires to better ourselves or improve our everyday, some might be big plans of life-altering transformations. Many of us make ourselves a promise (perhaps every year) that we'd lose some unwanted weight, eat healthier, exercise more, break less-than-desirable habits, or pick up new ones. Some of us may even plan to start a new career, find new love, or even learn a new skill. Whatever the case may be, we desire some sort of a change and we hope that life will be somehow better and we'll be happier, more content in the year ahead.

But keeping these resolutions is not as easy as making them in the moment of excitement when the ball drops and a new year starts. Whether breaking an old habit or starting a new one, making the change stick is a process that involves time, dedication, patience, perseverance, and letting go. All of the habits that we have right now — good or bad — are in our lives for a reason. In one way or another, they provide comfort or some sort of a benefit to us, even if they are less-than-ideal in other ways. Changing them might not happen overnight. To create a meaningful change we might need to adjust, practice and do some hard work. But change is inevitable: it's a part of life and our spiritual path. It's our chance to make new choices and welcome new beginnings.



New Beginnings

11 SIMPLE THINGS

you can do to bring change into your life and make it "stick".

1. become aware

Instead of feeling guilty about past failures to change or spending time dreaming about how you wish things were, come to terms with how things are in your life and recognize what needs to be changed. Awareness is your first step.

2. set an intention

Set clear and realistic goals. Think through what you are trying to accomplish and come up with a *doable* strategy. This will give your chances of success a real boost.

3. visualize success

Visualize your victory. Imagine how you will feel once you make the change you wish to see in your life. Think about how your life will be when you achieve your goal. This will help keep you motivated and focused.

4. let go

Figure out what it is that has been keeping you from making a change, and if it no longer serves you, let it go. Nothing holds you back more than your own fears and insecurities. The only way of overcoming fear is by facing it and letting it go.

5. trust yourself

Trust that you can do what you set your mind to. It is through self-confidence and belief that you establish routines that will keep you moving forward. Know your strengths and weaknesses. Build on your strength and accept your weaknesses as part of who you are and what you are capable of. View them as inspirations for improvement.

6. plan for the challenges

Have a plan ahead of time for how you will respond when you run into obstacles. Whether you are trying to break a habit or start a new one, there will most probably be times when you will face challenges, temptations, and setbacks. Plan your response in advance and decide how you will overcome them. And if/when it happens, you will know what to do.

7. avoid triggers

There will always be people or things that one way or another keep you from what you are trying to accomplish. They might be constant reminders of (or even the cause of) what you wish to change. It will be easier to stay on track and move forward if you stay away from those triggers.

8. find inspiration

Find people who will inspire and motivate you. Surround yourself with people who live the way you want to live. Someone who has already made the change you are seeking can inspire hope and belief that you can also do it.

9. ask for help

Don't be afraid or embarrassed to ask for help. Seek help and guidance when you need it – whether it shall be a friend you trust or a loved one, join forces with somebody who can help you through the tough times.

10. keep practicing

When you find what works for you, repeat and strive to do it better. Review and adjust what doesn't work and then keep practicing until you master it. "We are what we repeatedly do. Excellence is not an act, but a habit." – Aristotle

11. do your best

We all get off track every now and then. But don't beat yourself up, just get back on and keep on trying. Hard work and persistence are the main ingredients for lasting results. You might find that more can be achieved during the process of reaching your goal than the actual act of reaching it. Doing your best today is what matters, and today's best may look different than yesterday's.

SOURCES OF INSPIRATION:

www.jamesclear.com/how-to-break-a-bad-habit, www.lifehack.org/articles/productivity/15-daily-habits-that-will-make-you-happy-and-successful





healing . hope . peace

green

COLOR THERAPY: GREEN

Green is often associated with nature, youth, spring, fertility, healing, birth, rebirth, growth, prosperity, peace, and hope.

POSITIVE ASPECTS

Harmony, Balance, Generosity, Inter-connectedness, Calmness, Compassion, Being able to give and receive love freely

CHALLENGES

Jealousy, Selfishness, Envy, Greed, Withholding

CHAKRA: Heart Chakra (p31)

CRYSTALS: Jade, Malachite, Emerald, Green Calcite, Green Apophyllite, Green Aventurine, Amazonite, Green Tourmaline

Did You Know?

Green is the fourth of the seven colors in the visible spectrum of light, between yellow and blue. The wavelength of green light is approximately 495-570 nm on the electromagnetic spectrum. The human eye recognizes more variation of color in green than in any other color.

WEARING GREEN

In times of stress, anger, or the fear of the unknown, wearing green can help the body and the mind settle down and return to a state of balance. Incorporate green into your wardrobe when you feel the need for new ideas, for change, or when you feel restricted or conflicted.

SOURCE:

Healing with Crystals and Chakra Energies by Sue & Simon Lilly,
www.deeprancenow.com/colortherapy, www.fengshui.about.com
www.energyandvibration.com/colorgreen

COLOR HEALING

(Also called Color Therapy or Chromotherapy) is the use of color as a healing tool to create balance and restore health in certain areas of the physical body as well as in the mental, emotional and spiritual areas. Green can be utilized in different forms when applied in Color Healing. The most commonly used modalities include Crystal Therapy, Visualization, Color Silk Therapy, and Colorpuncture.

See more at

www.WhiteLotusMagazine/Articles

ATTRIBUTES

The color green has a soothing influence upon both mind and body. It stimulates inner peace and helps restore balance and perspective. Green brings psychological and emotional harmony. It can be utilized for just about any condition in need of healing.

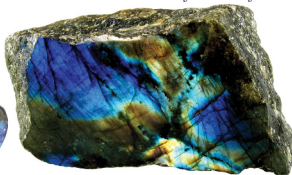
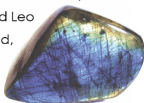
Green has both an energizing and a soothing effect. In Color Therapy, green is believed to calm blood pressure and help with all conditions of the heart. It can be beneficial for hormonal imbalances and it also stimulates cell rejuvenation. Green may harmonize digestion, the stomach, liver, gall bladder, and the kidneys. It can assist with building up muscles, bones and tissues. It can also strengthen the nervous system.

GREEN IN THE HOME

The color of Mother Nature, harmony, and vibrant health, green can be utilized in many ways to invite a peaceful and relaxed atmosphere into your space. You can bring the healing and calming energy of green color with live plants, wall color, decor accessories or art. From the bright and fresh green color of the newly opened spring leaves to the strong, dark green of a mighty pine tree - there are literally hundreds of greens to choose from for your home.

Crystal Therapy: LABRADORITE - *A Stone of Transformation*

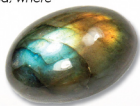
ATTRIBUTES	Protection, Consciousness, Intuition
ELEMENT	Wind
CHAKRA	All, especially the Heart and Third Eye
SIGN	Sagittarius, Scorpio, and Leo
MINED IN	Italy, Greenland, Finland, Mexico, Madagascar, U.S., Russia, Canada



Photos from Google Images

A variety of feldspar, Labradorite looks dull gray until light hits the inclusions of magnetic crystals. This creates a vivid play of rainbow colors. The name Labradorite is derived from the Labrador Peninsula in Canada, where the stone was first found in 1770.

Labradorite is a highly mystical and protective stone. **A bringer of light.** It raises consciousness and connects us with universal energies.



BENEFITS

- Stimulates psychic abilities
- Deflects unwanted energies from the aura*
- Prevents energy leakage in the auric field*
- Creates a protective shield against negative energies
- Aligns the physical and etheric bodies*
- Raises consciousness
- Connects with universal energies
- Helps access our spiritual purpose
- Protects against energy drainage by others
- A useful companion through change
- Banishes fears and insecurities
- Stimulates imagination

POSITION

Wear over the heart chakra, hold or place as appropriate. Wearing Labradorite as a pendant can center one's awareness of the multiple layers of reality. As an earring it can enhance one's "hearing the messages" of spirit guides. Carry a small piece in pocket for protection against energy drainage.

MEDITATION

Placed on the third eye chakra in meditation, Labradorite can facilitate astral travel and visions in the future, the past, and the many dimensions.

HEALING

Labradorite is believed to help treat disorders of the eyes and brain. It is said to relieve stress and regulate metabolism. It can also help with colds, gout, and rheumatism. It assists with balancing hormones, relieving menstrual tension and lowering blood pressure.

A stone of esoteric knowledge, Labradorite stimulates intuitive abilities, such as clairvoyance, telepathy, astral travel, psychic reading, access to the Akashic records*, past life recall, communication with higher guides and spirits. Labradorite aligns the physical and etheric bodies* and allows access to our spiritual purpose. It raises consciousness and grounds spiritual energies into the physical body. This stone can assist in bringing messages from the unconscious mind to the surface and facilitates their understanding.

Labradorite banishes fears and insecurities. It strengthens faith in the self and trust in the universe. Labradorite can calm an overactive mind and energize the imagination, bringing up new ideas. It is a useful companion through change, imparting strength and perseverance. A stone of transformation, Labradorite prepares the body and soul for ascension. In meditation, it can help access past lives and other dimensions.

Labradorite creates a force field throughout the aura, protecting and strengthening the energy within and preventing others from "tapping into" your personal energy and draining you.

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

***CHAKRAS** Energy centers of the body. The term comes from the Sanskrit word *chakram*, which means "wheel". (See more on p31)

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

***AKASHIC RECORDS:** A store house that exists beyond time and space that contains information on all that has occurred and all that will occur in the universe - A collection of every thought, event, emotion, and being recorded in a non-physical plane of existence, known as astral plane.

SOURCE:

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

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"There are some frauds so well conducted that it would be stupidity not to be deceived by them." - Charles Caleb Colton (1780-1832)

AN OPEN LETTER TO DAVID BRONNER AND THE GMO LABELING MOVEMENT

by Alan Smithee

PART 1

From an early age I have been entranced with the magic of Theatre. In fact when I was four years old I was given the role of the little boy who punctures the pretensions of an Emperor and his royal court in Hans Christian Andersen's "The Emperor's New Clothes." Seeing as I have a current and similar obsession to puncture the "seeds of deception" being sold to humanity by the promoters of GMO technology, I was struck recently by the similarity of conviction that these two seemingly unrelated instances seemed to symbolize. Perhaps it would explain my perverse obsession with surfing the internet for any and all news pertaining to the raging controversy that is "The Battle To Label Genetically Modified Organisms" (or GMO's for short) currently raging in our country. I say "our" country because most all of the rest of the civilized (and even some uncivilized) countries of the world already possess this privilege. If late night talk show host Jimmy Kimmel's recent takedown of organic and farmer's market consumers tells us anything about the confusion surrounding this issue perhaps I should precisely define exactly what a "GMO" actually is. A GMO is an organism whose genome has been altered by the techniques of genetic engineering so that its DNA contains one or more genes not normally found in the plant in its natural state. Now, Industry talking points indicate that GMO's are merely an extension of something that humankind has been doing for eons, namely the selective breeding and hybridization of plants; however, when you look closely into this assertion you begin to see the statement for the half-truth that it really is. Biotech Industry propaganda is filled with these "mutations of truth" and it is these outright deceptions that continue to confuse consumers and bedevil labeling advocates, especially in those states where labeling battles have recently taken place. Originally GMO's were meant to benefit growers (mostly so that the modified crops could withstand the application of even greater amounts of toxic herbicides) but recently they've been developed to offer a direct benefit to consumers, such as apples that don't turn brown when you let them sit around after you slice them (I don't know how we as a species have made it thus far when up to now we have had to make do with mere lemon juice - the inconvenience of it all). If the truth in fact be told this modification is mostly a benefit for foodservice providers who would now save on the cost of using calcium carbonate to treat their pre sliced apples.) Around the time of the George H. W. Bush's presidency, GMO's were quietly forced onto the marketplace and were approved under a classification that was first introduced to the public by well known orthographist and Bush Vice President

Dan Quayle in a speech meant to elucidate the unique classification reserved for GM foods known simply as "Substantial Equivalence." This concept states that the FDA considers GM foods basically "equivalent" to food that is not genetically modified and therefore no special safety testing, oversight or regulation is required. In the most ironic of ironies, the Biotech Industry only argues how unique GM foods are when they are trying to apply for a patent to them. This "substantial equivalence" classification exists even though the technique of genetic modification is substantially different from the sexual mating that takes place in natural breeding methods. When you consider the complexity of the genetic sequencing that is disturbed when a plant's DNA is modified in this way there are in fact several concerns that arise from this unnatural modification. One of these, for instance, is something *Genetic Roulette* author Jeffrey Smith refers to as "collateral damage." There are several others as well. To complicate matters even further and as a testament to the wretchedly corrupt farce that is our present political system, we have a revolving door policy regarding government regulatory agencies that has been allowed to take hold whereby Industry is allowed to get their former employees placed into positions of authority within the very agencies that are charged with regulating and policing them. If this sounds absurd and conjures up images of foxes guarding hen houses then I know I am not alone in regarding this as a complete perversion of our checks and balances system. Michael Taylor, former attorney for a certain biotech company who shall remain nameless (more on that in next month's conclusion) was unbelievably enough, allowed to head up official policy at the FDA at the time when the agency signed off on the substantial equivalence policy. Later on Taylor went back to work for Monsanto and became their Chief Lobbyist and Vice-President (or should I say "President in Charge of Vice.") In essence what all this means to you and I is that the determination of whether GM foods were safe to eat was placed entirely in the hands of the companies that made them. You heard correctly; we humans are serving as guinea pigs for this grand, filled-with-a-Pandora's-box-of-long-term-unknowns, cosmic experiment, that already is playing at a theatre near you and is known as "GM Food."

Any science that has been done that has contradicted the safety of GMO's has been virulently and mercilessly attacked and many respected scientists who were previously lauded by Industry insiders but then have subsequently questioned GMO safety have been thoroughly intimidated and marginalized. One very prominent scientist in England by the name of Dr. Arpad Pusztai was fired from his esteemed research position, had

research confiscated, and all but had his career destroyed when he publicized conclusions based on evaluating evidence he observed that even took him by surprise. Unfortunately that evidence went against industry assertions of GMO safety. This was a scientist that had in fact been a supporter of GMO technology and was hoping to prove their safety.

Claims by the industry that there is nothing to be alarmed about in respect to consuming GMO's ring hollow when you consider further the way they try to control any and all research that is related to GMO's. They tout the "independent studies" that are done by college AG researchers but if you consider that all college agricultural departments are bound in one way or another to Big Biotech then trusting in the complete unbiased nature of the research they produce becomes that much more difficult to accept. Jobs within the Industry hierarchy are some of the most coveted by college graduates as are the research grants that the companies dispense out like so much candy. I feel confident in making the assertion that the shadow of intimidation and control these companies cast over colleges and researchers is enough to regard the data they tout as unassailable is in fact "tobacco-industry-science" questionable at best. Couple this with the fact that I believe that many scientists given the chance to play God with our seed supply in order to "improve on Nature" are seduced with an assignment that is too enticing to resist, especially for some of the less imaginative (not to mention ethical) ones. While scientists with a reverence for the inherent beauty, order, and wisdom of Mother Nature in it's most pure and unsullied forms (ones who can appreciate the unique nature of "Wildcrafted" herbs for instance) should be exalted and encouraged by governments and corporations that seek to prosper for the long haul by living according to the dictates of nature, in reality this is just not the case, a fact I attribute directly to the corporate stranglehold of the "science in the service of selling product" mentality that has made expendable the honest and fearless search for the truth that was at one time much more the order of the day.

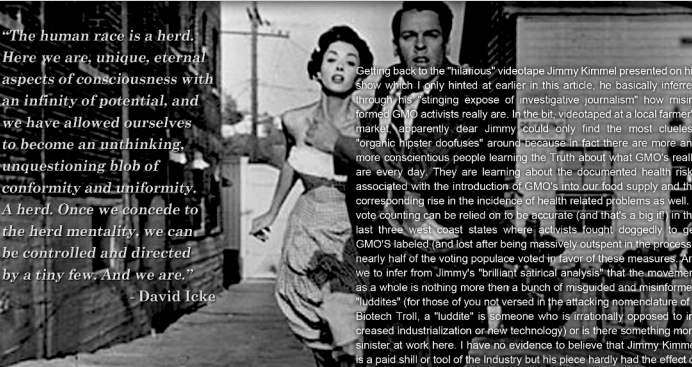
The Chemical Ag companies have a long history of deceit and corporate manipulation and the one referred to earlier (who shall continue to remain nameless) has an especially checkered past. If you knew a company had a history of silencing and intimidating their critics in the most unrelenting and savage manner possible you might hold them with the low regard, loathing, and contempt that I and tens of thousands of other activists around the globe hold them in. When you couple this well deserved reputation for devious corporate intimidation with the blatant disregard they hold for the sustainability of our ecology, one can only stand back and shake one's head in disbelief. To begin with, GMO's overburden the environment with ever increasing amounts of toxic herbicides, pesticides, and fungicides. In fact the FDA has just approved for use the herbicide "Enlist Duo" a combination of glyphosate and 2,4-D, an ingredient of Agent Orange, which in all probability was necessitated by the emergence of "Round Up Ready-Resistant weeds" that have started to proliferate in the same way that the overuse of antibiotics have precipitated an increase in antibiotic resistant bacteria. If this is not a poignant example of the peril and risk that Man will face if he thinks He can outwit Mother Nature I don't know what it is. GMO's spread genetic pollution as well and they do this by way of pollen drift and therefore inescapably pollute the genetic integrity of even organically grown food. GMO's also contribute along with other aspects of industrial scale farming most certainly to the catastrophic bee die off we have seen when bees come in contact with neonicotinoids and systemic pesticides that in fact are really part of the growing plant itself. The entire plant is now the pesticide. This is food that then you or I or livestock is expected to consume. Is it any wonder that health related issues have risen sharply? Not only are we taking in more toxins but our inner biology can barely recognize the novel and foreign proteins that are created as a byproduct of the modification in the first place.

I think you can now understand why Big Biotech companies are collectively one of the most dangerous, egotistical and despised industries our planet has ever seen.

Scientific methodology that is designed to minimize findings of inherent risk is something that is hampering efforts to get authentic data on the effects of GMO's. Anyone who tells you that merely using scientific method alone is a guarantee of unbiased and non-compromised information is lying, therefore I am always amused when Biotech apologists tout how "Scientific" their research is. I know that they are implying that only they do "true" science, but to imply that Scientific Methodology is a completely objective exercise is so laughable it is an insult to anyone that knows anything about how proper science should be done. Science IS subjective, and the science that is best is the science that explores logically and fearlessly while at the same time allowing for an adequate "sifting and winnowing" evaluation of all imaginable possibilities in the search for ultimate Truth. HOW it is done and WHY it is done (and evaluating what preconceived findings whomever is funding it is seeking to "arrive at") is just as important as the fact that one is being scientific in their methodology in the first place. I guess only scientists that come to conclusions that Big Biotech wants are competent enough to do "SCIENCE." Why, I can just hear the sigh of reverence go up as they mention the mere word of "SCIENCE" in and of itself while all the time acting oblivious to the fact that the tobacco industry used to tout just as loudly their adherence to "Science" and look where that got us.

Tell me this, if GMO's are so wonderful and above reproach why are the companies so threatened by even one researcher coming to a different conclusion then the research they tout. Scientific inquiry is rarely unanimous but we are supposed to believe that the investigation into the risk possibilities of GMO technology are consensus wise already decided beyond a shadow of a doubt? I guess that's why over 400 members from the Network of European Scientists for Social and Environmental Responsibility signed a statement a little over a year ago decrying that very proposition. If you ask me I think Shakespeare must have had the Biotech Industry in mind when he wrote [they], "doth protest too much, methinks." One has to ask one's self Why are they willing to spend unlimited amounts of money to keep so many consumers in the dark about what they are eating? Why don't they want to trumpet proudly on their labels, "NEW and IMPROVED—Fortified with GMO's: THE SAVIORS OF HUMANITY!" Is it because they don't trust their deep pockets and well oiled PR machine to, as the saying goes, "make chicken salad out of chicken..." (seeing as I was told not to use obscenities in this article I better leave the rest of that blank but I think you get my point. In fact one of the reasons I don't mention that "mysterious" aforementioned company's name once in this article is that I consider them an obscenity.) The chemical agricultural companies don't want you to know what is in their GM laden food because, in the words of the recently released hardest-of-hard-hitting documentaries "Bought," they want to avoid "traceability, accountability, and liability" for any problems that arise from people eating them. If a company is responsible for introducing a new technology into the way our food supply is grown shouldn't the burden of proof be on them to convince consumers that they are the greatest thing to come along since sliced, certified organic, gluten free bread?

"Madison Avenue is a very powerful aggression against private consciousness. A demand that you yield your private consciousness to public manipulation." - Marshall McLuhan



"The human race is a herd. Here we are, unique, eternal aspects of consciousness with an infinity of potential, and we have allowed ourselves to become an unthinking, unquestioning blob of conformity and uniformity. A herd. Once we concede to the herd mentality, we can be controlled and directed by a tiny few. And we are."

- David Icke

It amuses me to no end that these companies use as a legal defense the contention that they should not be forced into putting information on their labels that would "force them to say something about their product they don't want to." Members of Congress seem to side with them in this respect: a recent congressional panel indicated in somewhat more euphemistic terms that quite probably Americans were too stupid for GMO Labeling, a sentiment echoed by Obamacare architect Jonathan Gruber when he let slip on more than one filmed occasion the fact that the truth had to be hidden from American voters concerning Obamacare who then might have "stupidly" not allowed it to pass. Speaking from a Zen Buddhist perspective, words have no meaning in themselves, we ascribe meaning to them. If you are offended by something it is not because of any inherent meaning in the words themselves but in fact because of the connotations you have chosen to ascribe to that word or words. Comedian Lenny Bruce highlighted this truth brilliantly in his groundbreaking stand up routines. He paid a price for it though, and the price we pay as activists is that we have to sit by while legal scholars and judicial officials actually give consideration to these ridiculous and spurious arguments that are clearly based on the fact that the Big Ag Chemical Companies want to spin anything at anytime in anyway that suits their uninterrupted ability to make massive profits by withholding truthful information that any consumer deserves to have. Furthermore it should not be okay to not label GM food simply because "Organic" and "Non GMO" designations offer people an alternative route to avoiding them. If you're not proud enough to label it, you shouldn't produce it!

How about this for a legal argument. Since agriculture and growing food was done a certain way for eons prior to World War II, how about industrial "conventional" farming operators taking on the designation of "chemical" farmers, while organic farmers can have back the designation that all farmers used to have, that of just being good ole "farmers." Nawww... that would just make too much sense in the Orwellian Alternate Universe that is our modern "cheap food with high hidden costs" industrial food system.

"The control of information is something the elite always does... Information, knowledge, is power. If you can control information, you can control people." - Tom Clancy

Getting back to the "hilarious" videotape Jimmy Kimmel presented on his show which I only hinted at earlier in this article, he basically inferred through his "stinging expose of investigative journalism" how misinformed GMO activists really are. In the bit, videotaped at a local farmer's market, apparently dear Jimmy could only find the most clueless "organic hipster doofuses" around because in fact there are more and more conscientious people learning the Truth about what GMO's really are every day. They are learning about the documented health risks associated with the introduction of GMO's into our food supply and the corresponding rise in the incidence of health related problems as well. If vote counting can be relied on to be accurate (and that's a big if) in the last three west coast states where activists fought doggedly to get GMO'S labeled (and lost after being massively outspent in the process,) nearly half of the voting populace voted in favor of these measures. Are we to infer from Jimmy's "brilliant satirical analysis" that the movement as a whole is nothing more than a bunch of misguided and misinformed "luddites" (for those of you not versed in the attacking nomenclature of a Biotech Troll, a "luddite" is someone who is irrationally opposed to increased industrialization or new technology) or is there something more sinister at work here. I have no evidence to believe that Jimmy Kimmel is a paid shill or tool of the Industry but his piece hardly had the effect of an unbiased attempt to fill up his show's air time with mere comic fodder. We who are suspicious and cautious in regards to GMO foods should at least give our poor deluded spiritual brother Jimmy the benefit of the doubt, after all, he wouldn't be the first person of notoriety that has been, in my opinion, deluded by the masterful propaganda of Big Biotech (and no, Neil deGrasse Tyson, I don't intend to "chill out" so that Big Biotech can shove these insufficiently tested GMO's down our collective throats without **speaking my truth**. ("Chill out" indeed! I've heard of currying favor with current or potential sponsors but your admonishment really was rather lame, not to mention coercive.) So Jimmy, if you ever want to interview people that will give you untaunted and documented facts on the GMO controversy and that DON'T HAVE A FINANCIAL STAKE IN THEIR PROPAGATION, then rest assured we can make that happen. You might not get to have another cheap laugh at our expense but at least you won't be accused of trying to slander a movement that is merely acting on the Precautionary Principle and is fighting with integrity for the right to have GM food labeled for what it actually is.

Stay tuned next month for the conclusion to White Lotus Magazine's exciting journalistic expose on the movement to label genetically modified foods: when The Alan Smithwe will offer suggestions on how the movement might best accomplish its dearly hoped for goals and objectives (hint: it's not labeling initiatives).



Lime Juice Could Save 100's of Thousands of Lives Each Year

by Sayer Ji

The lime is best known for its role in key lime pie and margaritas, but did you know it possesses remarkable healing properties as well?



Photo from Google Images

While billions of dollars are poured into research and development for pharmaceutical drugs, the humble lime has been proven to mitigate and even cure diseases that cause millions to suffer and hundreds of thousands to die each year worldwide. The lime is best known for its role in key lime pie and margaritas, but did you know it possesses remarkable healing properties as well?

An impressive array of research on lime juice from the National Library of Medicine indicates that it could either cure or greatly accelerate healing time from a variety of life-threatening illnesses including:

Sickle cell anemia (SCA): According to the CDC, SCA afflicts about 95,000 Americans and is diagnosed in 1 in every 500,000 African-American births. A hereditary blood disorder, SCA is characterized by an abnormality in the oxygen-carrying hemoglobin molecule in red blood cells. A clinical trial on lime juice was recently found to reduce painful episodes (50.0% lime juice intervention versus 92.7% control); febrile illness (46.6% lime juice intervention versus 87.3% control) and hospital admission rate (3.4% lime juice intervention versus 34.5% control) for sickle cell anemia in children.

Malaria: Malaria is a mosquito-borne parasitic disease, which the WHO estimates causes 219 million of illness resulting in 660,000 deaths each year. A wide range of highly toxic drugs are used to treat the disease, but a recent study found that lime juice greatly increased malarial clearance when combined with standard drug therapy. They concluded: "lime juice when used with the appropriate antimalarial may enhance malaria parasite clearance especially in those with uncomplicated malaria."

Bacterial Agents in Food: A recent study found that the popular food known as ceviche, naturally containing pathogenic agents from fish, could be completely sanitized with lime juice. Both *Vibrio parahaemolyticus* and *Salmonella enterica* (two common causes of food poisoning) were all reduced to below detection limits through the addition of lime extract.


Disinfecting water: Lime has been found to enhance the disinfection of water, by both killing norovirus as well as *Escherichia coli*. [3] Lime has also been found to kill the cholera pathogen, which is believed to affect 3-5 million people and causes 100,000-130,000 deaths a year as of 2010.

Killing pancreatic cancer: Pancreatic cancer is a notoriously difficult to treat type of cancer. Lime juice was found to induce programmed cell death in pancreatic cancer cells.

Stopping Smoking: Likely the most preventable cause of death on this planet, a clinical trial comparing nicotine gum to lime juice extract found: "Fresh lime can be used effectively as a smoking cessation aid."

To read full article and view list of references, 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.



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He Didn't Think That He Could Do It... But He Did.

by Deb Farha

For the last 14 years I have been trying to help my husband Keith lose weight and achieve his health goals. Nothing we had tried worked for him... until recently. (Check out his before and after pictures to the right!)

Just as I was about to give up a friend suggested that I try one last program. My friend said that this was different from any of the other diets he had seen, because it was more about a long term lifestyle transformation rather than a short term fix. The program included a shake made of nutrient-dense superfoods, slow-burning carbs and highly-digestible proteins along with a master amino formula that helped him to build muscle while losing weight. This combination seems to trigger a mechanism that helps increase muscle mass and turns the body into a fat burning machine. Your body can't help but to burn excess fat from day one.

On this program Keith wasn't consuming ANY processed, irradiated, denatured, artificial or GMO ingredients. The cleanse was simply whole food, plant based nutrition. My friend also told me that everyone who does this program loses on average between 5-20 pounds of fat and that it was guaranteed! If Keith didn't get the guaranteed results he could get all of his money back, so there really was nothing to lose.

This sounded pretty amazing to me and Keith and after doing a few weeks of extensive research Keith decided to try the 10 day transformation. This program was said to be "a great way to give your body a 10 day break from processed foods. In 10 days you would reset your metabolism and wean yourself off addictions to all processed stimulants like sugar" and Keith's experience proved this to be true. He lost 14 lbs in 10 days and a staggering 20 lbs in the first 20 days and broke his addiction to caffeine.

Keith had never come close to that kind of weight loss in any of the programs he had previously tried. And to our astonishment he didn't even struggle to follow the program. In fact he loved doing it. He said that it was easy and it didn't even feel like he was on a diet and that's because he didn't have to stop eating. In fact he was eating less food and had more energy and in his own words, "felt like a changed man". He didn't even have to work out for hours in the gym. He followed the program, lived his normal day to day life and the weight fell off.

He started feeling happier, more proud of himself and his confidence increased. And then something miraculous happened - day 10 came and went and Keith continued on the program. He was able to stick with it as a lifestyle, without any real struggle and after 12 weeks he had lost 30 lbs. This is when I knew that if Keith could do it then anyone could do it.

Over my life I have never seen another program that gets the results this program gets, both for Keith and for all the people I am helping around the country. This is an effective means to create the health you desire and to achieve your weight loss goals. There are 5 key reasons why this program worked for Keith and countless others and I look forward to sharing those with you at our Healthy Happy Hour on the 19th of January here in Naples. Keith and I look forward to meeting you, sharing information with you about the program and of course you won't leave without having had some tasty samples.

DEB FARHA is a certified detoxification specialist and raw food nutrition educator with a passion for coaching men, women and children to maximize and achieve their health potential. She lives with her husband Keith and three pets in Naples, Florida and is the mother to three beautiful daughters. Deb is a former real estate agent and owner of a successful make-up studio and skin care spa. For as long as she can remember she has been passionate about health, healing and cellular regeneration.



My husband, Keith has lost 30 lbs after 12 weeks!

EVENT

WHAT:

Keith and I warmly invite you to join us for a **Healthy Happy Hour** and very special evening where we will show you a proven fat loss and cleanse program. This program has helped my family, friends, and me to get huge results in a short period of time. Your body will thank you for coming.

WHEN: Monday, January 19, 2015. 6:30 pm

WHERE: Naples, FL (venue details will be sent to you via email once you register at www.debfarha.com).

HOW MUCH: FREE.

HOW TO REGISTER:

Visit www.debfarha.com or call (316) 644-0469.

BENEFITS OF ATTENDING: First off, inspiration! You're going to meet some deeply influential and motivating people, the kind of people you'd want to surround yourself with. Secondly, here is your chance to start the New Year and new month by breaking your addiction to unhealthy foods, to reset your metabolism and to step into a sustainable lifestyle that affords you the ability to create the health you desire. At the event, I will be issuing you a challenge. Just give me 10 days of your life and let me show you how to lose 5-20 pounds without starving yourself and without following some diet.

WHAT IT IS NOT: This is not a fad. This is not some unhealthy, low quality or unsafe form of starvation. This system is based on science and the positive experience of thousands. With our money back guarantee you have nothing to lose other than an opportunity to transform your life. Reinvest the money you would be spending on food for 10 full days into the cost of this program and then you have a program that has paid for itself. Try it and if you don't like it, no problem, we will give you your money back. It's a win-win. Sounds too good to be true, well welcome to prosperity consciousness.

RESERVE YOUR SEAT NOW BEFORE WE REACH CAPACITY:

Seating is strictly limited so register now to reserve your seat by visiting www.debfarha.com or call (316) 644-0469. Once capacity is reached our registration page will come down.

OUR GIFT TO YOU: To thank you for your time and attention when you attend the event you will receive a \$50 gift card to spend towards the program. If you couldn't tell, we want to make this as easy as possible for you to say yes because this system is brilliant, it works and you know it can benefit your life and the life of those you love.

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Roasted Zucchini Noodles (Zoodles) & Chicken Meatballs in Homemade Tomato Sauce (Serves 2)



INGREDIENTS (all organic)

Zoodles:

2 zucchinis – spiraled into zoodles (noodles) (no spiralizer? Just use a zester or knife to create very thin strips/zoodles)
1/2 teaspoon Italian seasoning
1 tablespoon olive oil
Sea salt to taste
Black pepper to taste

Meatballs:

½ pound ground chicken (or turkey)
2 tablespoons red onion - minced
2 tablespoons red bell pepper – minced
2-3 sprigs parsley finely chopped
Sea salt to taste
Black pepper to taste

Sauce:

Olive oil
2 cloves garlic - minced
½ red onion – chopped
1 tomato – diced
1 can tomato sauce
Sea salt to taste
Fresh basil - minced



PHOTOGRAPHY by Jordan Bourne

PREPARATION

Season 2 spiraled zucchinis with Italian seasoning, olive oil, sea salt and pepper. Toss to coat evenly. Roast 20-25 minutes in 325° oven.

Mix ground chicken with onion, red pepper, parsley, sea salt and pepper. Bake for 15 – 20 minutes in 325° oven.

Sauté minced garlic, chopped onion and diced tomato in olive oil for a few minutes. Add tomato sauce and sea salt. Simmer for 5 minutes. Pour sauce over zoodles and meatballs, sprinkle with basil and serve.

Enjoy Freedom's other fresh, organic offerings for breakfast, lunch and dinner Monday through Saturday 7 a.m. to 8 p.m. at Food & Thought (2132 Tamiami Trail N. Naples). Delivery and event catering are available. More information may be found at www.foodandthought.com.

Excerpt from "Food & Thought – home cookin' the healthy way" (a cookbook by Frank Oakes & Freedom Teague):

"Why Organics?"

When people choose to eat organically grown food, they are choosing to ingest more minerals and vitamins, and they are refusing to ingest loads of harmful chemicals, antibiotics, hormones, and substances devoid of any nutritional value whatsoever. Thus, their bodies are receiving the nutrition that they need to boost their immune systems, fight off disease, and maintain health and wholeness their entire lives through."



Chef Freedom Teague

A SHIFT IN PERSPECTIVE ON FITNESS

Do You Have the Balls To Get in Shape?

by Patti Reed

When it comes to our health, the majority of people want to be pain free, fit, healthy, active, and free from depression and anxiety. So many of us dive wholeheartedly into working out, giving it our all. Thinking this is the "best" thing we can do for our bodies, all too often we pull up short due to aches, pains or injuries. Sound familiar?

Such was my case. I went to the gym and started a weight lifting program. In my quest to do the "right" thing for myself, I began to experience pain, numbness and nerve discomfort. Soon I became discouraged and depressed. I had taken my body as it was, rotated (twisted) and restricted (tight) (due to the repetitive motions of years of dog grooming) directly into traditional fitness regimens. I then strengthened it into previously formed, faulty and ingrained posture patterns. This is what had caused my problems. I learned the hard way that there were critical steps missing.



My first shift in perspective was the realization that I was putting fitness before function and function before full range of motion. It was as if I had sent my body to exercise college without having had pre-school. An initial step of creating a sound underlying skeletal system by releasing tissue to create space back into my body would allow freedom of movement in all of my muscles, fascia and joints. This process undoes the damage, and wear and tear caused by life (job, daily activities, sleep position, diet, nutrition, emotional and spiritual health, etc.) and is critical for pain free living, and for an effective fitness program.

The second shift in my perspective came as I stepped outside of the gym/fitness mentality and began to work with trigger point therapy, myofascial release, active isolated stretching and release tools. Feeling the difference in my body was an epiphany. The more loose I became the more I realized just how tight my structure had been. These nontraditional workout methods allowed me to obtain the level of fitness I desired without the pain and discomfort I had experienced with standard workouts. I felt as if I had come upon a veritable fountain of youth for my structure.



An additional practice I have incorporated into my own wellness regime, and a group class among my offerings is Yamuna@ Body Rolling. Health, fitness and massage rolled into one, Yamuna@ Body Rolling is a body sustainability method that can easily be a stand-alone fitness modality or a beneficial addition to any fitness program. Specially designed Balls and routines work specific muscles to create suppleness in tight areas, and optimize range of motion.

Yamuna@ Body Rolling utilizes the body's own gravity on the ball to reeducate muscles and stimulate bone, creating positive, permanent changes. Much in the way a hands-on practitioner works, the ball moves on muscles to stretch them, dislodge tension and discomfort, increase blood flow and promote healing. This is a very powerful self-fixing and maintaining tool that everyone can do regardless of age or physical limitations.

Invite a shift of perspective into your life and fitness program: get on the ball and give body rolling a try. You'll never realize how restricted you are until you see how free you can become.

I am Patti Reed, the owner of Intuitive Movement. As a certified personal trainer, medical massage therapist and certified Yamuna@ Body Rolling instructor, I offer a unique blend of modalities designed to educate and empower individuals to increase their body awareness and sustainability. Since 1999, I have shared with my clients my passion of the methods and tools that have worked for me and I would love to help facilitate your healing too. Join us to experience the amazing results for yourself: Open class, all levels, Wednesdays 9:00 a.m. at Arthur Murray Dance Center 3339 Tamiami Trail N. Naples. Call to reserve your balls and space at 239-649-0814. Please visit my website to learn more info: www.PattiInIntuitiveMovement.com





Essential Oil of the Month: LAVENDER

(*Lavandula Angustifolia*)

by Bethanny Gonzalez, Certified Aromatherapist

Lavender essential oil has been used for medicinal and religious purposes for over 2,500 years. In ancient Egypt and Greece, lavender was used as a perfume and an ingredient in incenses and ointments. The Romans used it for bathing and cooking.

- AROMA:** Light and floral with clear woody undertones
- PROPERTIES:** Anti-depressant, Anti-inflammatory, calming, cooling, sedative, anti-spasmodic, cephalic
- ELEMENT:** Air
- PLANET:** Mercury
- CHAKRA:** Heart and Crown



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Purification
Love
Sleep
Longevity
Happiness
Peace



BENEFITS for Massage & Skin Care

- Promotes cell growth and balances sebum production.
- Accelerates the healing of burns and skin inflammation.
- Helps to clear acne, athlete's foot, dandruff and eczema.
- Helps on abdominal area with menstrual problems and PMS.

EMOTIONAL USES

- Calming and uplifting for tension and stress.
- Balancing to central nervous system.
- Helpful for those suffering with depression.
- Soothes spirit and relieves anger and exhaustion.

HEALTH BENEFITS

- The most useful oil in therapeutic terms, being sedative, antiseptic, pain reliever, and calming.
- Can ease headaches, sunburn, and cramps.
- May be used directly on the skin in small amounts for burns & blemishes.
- Safe for children and pets.

Spritzing your home with Lavender after you sage will bring in peacefulness and protection.

RECIPE

for Menstrual Cramps

- 1 oz. Coconut Oil
- 3 drops Lavender
- 3 drops Geranium
- 3 drops Clary Sage

Rub into abdominal area.

for Diaper Rash

- 1 cup Organic Coconut Oil
- 4 drops Lavender
- 3 drops Chamomile

Photo from Google Images

Lavender cultivation is a source of eco-tourism, as people are naturally drawn to the beauty and peaceful atmosphere where it is grown.






Photo from Google Images

The Heart Chakra allows us to expand and grow in personal power while keeping harmony with the Earth and everything around us.

FOURTH CHAKRA

NAME	Heart Chakra
SYMBOL	
LOCATION	Chest, cardiac plexus
SANSKRIT NAME	Anahata
MEANING	"Unstruck"
COLOR	Green
ELEMENT	Air
SOUND OR MANTRA	"Yam"
NOTE	F
IDENTITY	Social identity
SENSE	Touch
DEVELOPMENTAL STAGE	4 to 7 years
PLANETS / STARS	Sun, Venus, Saturn
ASTROLOGICAL SIGN	Libra, Leo, Sagittarius
ESSENTIAL OILS	Sandalwood, rose, cedar wood

CRYSTALS / MINERALS

Rose Quartz, Emerald, Jade, Green Calcite, Green Aventurine, Malachite, Rhodonite

BODY / ORGANS

Heart and circulatory system, lungs, bronchial tubes, shoulders and arms, diaphragm, thymus gland, the immune system, the upper back

ENDOCRINE GLANDS

Thymus gland

STORED INFORMATION

Affinity for self and for others

CENTRAL ISSUES

Love, unconditional love, self-love, forgiveness, relationships, intimacy, devotion, depression and loneliness

EXCESSIVE

Demanding, jealousy, co-dependency, poor boundaries, overly sacrificing, possessive

DEFICIENT

Antisocial, withdrawn, cold, shy, critical, judgmental, intolerant, loneliness, depression, fear of intimacy and relationships, lack of empathy, narcissism, bitter

BALANCED

Compassionate, loving, self-loving, peaceful, empathetic, balanced, good immune system

PHYSICAL DISFUNCTIONS

Disorders of the heart, lungs, thymus, breast, arms, asthma, allergy, circulation problems, immune system deficiency, tension between shoulder blades

ADDICTIONS

Tobacco (smoking), sugar, love, marijuana

TRAUMAS

rejection, abandonment, loss, shaming, constant criticism, abuses to lower chakras, unacknowledged grief, divorce, death, conditional love, loveless environment, sexual and physical abuse, betrayal

SPIRITUAL CHALLENGE

To learn compassion, the value of forgiveness, unconditional love

GOALS

Stability, trust, physical health, prosperity

HEALING STRATEGIES

Self-discovery, codependency work, inner child work, forgiveness, reaching out, taking in, breathing exercise

FOOD

Leafy vegetables, liquids, spices

Chakra Review: HEART CHAKRA

- THE CENTER OF BALANCE

CHAKRAS are the energy centers of the body. These centers are often referred to as spinning vortexes of subtle energy or whirling disks of light. The term comes from the sanskrit word *chakram*, which means "wheel". There are seven major chakras located along the body (Root, Sacral, Solar Plexus, Heart, Throat, Third Eye or Brow, and Crown Chakra). The Earth Star Chakra is below the feet, and the Soul Star can be found above the head. Each chakra resonates with particular frequency of vibration. They transmit and receive life-force energy often called "qi" (pronounced "chi"), "prana", or "universal energy".

Each chakra represents life issues, corresponds to specific areas of the body, and stores information about us and our state of well-being (physical, mental, emotional, and spiritual). Understanding the information associated with the chakras allows us to see how each of those aspects affect our life.

The fourth chakra is called the Heart Chakra, located near the breast bone in the chest. It focuses on the interconnections of our physical and non-physical selves, the balance of living in alignment with universal principles, and the perfect understanding of our interrelatedness with others and nature. It governs our relationships and interactions with other people. It promotes compassion, empathy, and trust. The Heart Chakra directs us on our path in a way that allows us to achieve our maximum potential.

The central issues of the Heart Chakra are balance, love and relationships. Through balance we find a center from which we can love, with love we form relationships, and through relationships we have the ability to reach an awakened awareness. It is love that opens the road to wider consciousness. Love expands our horizons: it brings us into a deeper connection with ourselves.

Since the Heart Chakra is in the centre of the system of seven chakras, balance is an essential principle at this level. Balance is the underlying foundation of longevity in all things. Without it there can be no way for us to adapt to constant change. The Heart Chakra allows us to expand and grow in personal power while keeping harmony with the Earth and everything around us.

The Heart Chakra is the place where unconditional love is centered. Unconditional love is a creative and powerful energy that allows us to give and receive love and compassion without expecting anything in return.

A balanced and coherent Heart Chakra shows the ability to accept ourselves, other people and all sorts of situations we face. Without self-acceptance and compassion, we cannot tolerate our own mistakes and the faults of others. When we feel comfortable with ourselves -and with all our faults-, we are less likely to be insecure or threatened by those who try to dominate or control us. Personal expansion, growth, and freedom represent a healthy Heart Chakra. Breaking away from expectations, conditioned values, and unhealthy relationships is the challenge of this chakra. A balanced Heart Chakra is essential for the whole chakra system to work harmoniously and for the life-force energy to flow efficiently.

An unbalanced Heart Chakra can be experienced as pressure, frustration, and stress, leading to resentment and a lack of openness and good will. Imbalances can manifest as hatred, loneliness, having relationship difficulties and trust issues. Physical manifestations of an unbalanced Heart Chakra can include circulatory problems, heart conditions, blood pressure and lung issues, asthma, bronchitis, pneumonia, and sleep disorders. We can fix issues associated with this area and help facilitate the healing by clearing and balancing the Heart Chakra. See chakra balancing methods on www.WhiteLotusMagazine.com/Articles.

SOURCES: *Healing with Crystals and Chakra Energies* by Sue and Simon Lilly; *Eastern Body Western Mind* by Anodea Judith; *The Crystal Bible* by Judy Hall

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 NEW YEAR'S DAY	2	3 Quadrantids Meteor Shower
4 Quadrantids Meteor Shower	5 FULL MOON	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 NEW MOON	21 Mercury in Retrograde	22 Mercury in Retrograde	23 Mercury in Retrograde	24 Mercury in Retrograde
25 Mercury in Retrograde	26 Mercury in Retrograde	27 Mercury in Retrograde	28 Mercury in Retrograde	29 Mercury in Retrograde	30 Mercury in Retrograde	31 Mercury in Retrograde



January 5
FULL MOON

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 04:53 UTC. This full moon is also called the "Wolf Moon". In January, snow gathers deep in the woods and the howling of wolves can be heard echoing in the cold still air.

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.



January 20
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 13:14 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 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.



January 21- February 11
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.

SOURCE:

www.seasky.org
www.cafeastrology.com
www.mindbodygreen.com
www.manpurpose.com
www.MoonConnection.com



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The White Lotus Studio is having an **ANTI-AGING OPEN HOUSE** on Monday, January 26, 2015 from 6pm to 8pm. We'll be offering mini sessions of Pulse Magnetic Field Therapy, free Body Charging, free gifts and great discounts on our products (Selenite lamps, a wide variety of crystals and minerals, gemstone jewelry, gift items, etc.). 5555 Taylor Rd., Unit C. Please RSVP at 239-687-0667 or at WhiteLotusMagazine@gmail.com. If you have questions about the therapies, please call Lisa Pilsner at 239-298-1545.

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 or suggestions, please email us at WhiteLotusMagazine@gmail.com.

Local News & Events

JANUARY 7
5PM - 8PM

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

JANUARY 7
6PM-9PM

SHANGRI-LA FULL MOON DRUMMING CIRCLE - set in the stunning and historic Shangri-La. Open to the public, FREE. 27750 Old U.S. 41 Road, Bonita Springs. 239-949-0749

JANUARY 12
6:00PM - 7:30PM

CLEAN, GREEN & TOXIN-FREE - Eating In The Raw with Naples hosts Susan Ellison, RN BSN RTC. Decrease your exposure to toxic chemicals. Learn to make your own green personal care products and household cleansers. A free homemade product sample will be distributed. \$10. Fleischmann Park, 1660 Fleischmann Blvd, Naples. Contact Linda at 518-522-8191 or lindarawfood@gmail.com

JANUARY 17
11AM - 4PM

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

JANUARY 19
10AM - 1PM

Create your Own Soul Fire Cards w/Artist Rosemary Claire Allen - at Goddess I AM Healing & Art Center. Are you ready to transform the story that is holding you back into a soulful story? Connect with your own inner wisdom. Bring your wonder and playfulness as we work with textured watercolor paper, paints, glitter and pens to create one of a kind affirmation cards. \$47 600 Goodlette Rd. N., Naples. 239-228-6949

JANUARY 19
6:30PM

Healthy Happy Hour with Deb - Join us for a very special evening where we will show you a proven fat loss and cleanse program. This program has helped my family, friends, and me to get huge results in a short period of time. Your body will thank you for coming. Limited seating. Register at www.debfarha.com or call (316) 644-0469. See details on p. 26.

JANUARY 28
6:00PM - 9:30PM

Meet and Mingle with Margaret Ann Lembo, best-selling author from 6PM to 6:30PM - at Goddess I AM Healing & Art Center.

6:30 - 9:30PM

Angels, Gemstones and the Oracle: Awaken the Inner Oracle to receive angelic and gemstones messages! Did you know the angels and gemstone guardians have learned up to bring you divine inspiration? Messages from angels are fairly ordinary now. Learn how to use crystals to create your reality! Margaret Ann will use her deck, The Angels & Gemstone Guardians Cards, to give mini-readings to select participants. \$35; prepaid or \$50 at the door if there are any seats left!! 600 Goodlette Rd. N., Naples. 239-228-6949

JANUARY 29
6:30 - 9:30PM

Margaret Ann Lembo Class - at Goddess I AM Healing & Art Center. Tap into the Akashic Field with Archangel Michael: Intuition, Psychometry and Billets Learn to connect with Archangel Michael directly! Understand more about your personal style of connecting with the Divine. We all have intuitive gifts. Your ability to know, hear, see or sense the truth using our intuition is as real as your ability to use your physical senses. Practice different tools to increase your skills. You will receive messages for yourself and others in a group setting. It is a very fun class and you will get a lot of readings - and give them, too! \$35 prepaid; \$50 at the door if there are any seats left!! 600 Goodlette Rd. N., Naples. 239-228-6949

PINE RIDGE ROAD FARMERS MARKET

December 4, 11, 18, 25, 2014
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1065 5th Ave. N., Naples
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www.TheHorseShaman.com

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Wednesdays, 7:30AM-12:30PM
10450 Reynolds St., Bonita Springs
www.bonitalions.org

PINE RIDGE ROAD FARMERS MARKET
(See ad on page 47)
(239) 200-4401
Sundays, 9AM - 2PM
3370 Pine Ridge Rd., Naples
www.naplesmarketplace.net

THIRD STREET SOUTH FARMERS MARKET
(239) 649-6707
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www.thirdstreetsouth.com/farmersmarket

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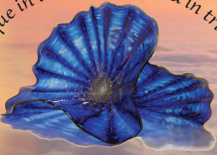


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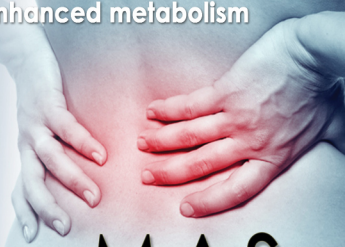



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